

## I N D E X : P A R T – I I

<u>Chapter No.</u>	<u>Heading</u>	<u>Page No.</u>
	Introduction	
I	No man's land or Pratyahara	1
II	Urge of freedom from bondage	12
III	Understanding of the laws of freedom from bondage	16
IV	The glamour of freedom from bondage	19
V	Misconception of the ultimate freedom from bondage	22
VI	Can we concentrate and how best	26
VII	Freedom from bondage or freedom from celestial influence	30
VIII	Celestial influence or intensities of celestial bodies	35
IX	The 14 main types of resultant intensities	40
X	What happens to the resultant intensity finally or the rhythm of reincarnation	50
XI	Philosophy of action	68
XII	The other minds or the dangers of hypnosis, hypnotism and suggestions	72
XIII	Different Yoga Systems	79
XIV	Yoga Sutra in the light of our understanding	84
XV	Yoga Sutra compared	89
XVI	Some pertinent questions answered	106
XVII	Last words	121

\* \* \* \* \*

## THE PURPOSE OF LIFE AND BIRTH

### PART – II

By SHREE RAM

“Surely high words do not make a man holy and just; but a virtuous life maketh him dear to God.”

“If thou ..... know the whole Bible by heart, and the sayings of all the philosophers, what would all that profit thee without the Love of God and without grace?”

“How much the more thou knowest, and how much the better thou understandest, so much the more grievously shalt thou therefore be judged, unless thy life be also more holy.”

THOMAS A. KEMPIS

## CHAPTER – I

### NO MAN’S LAND OR ‘PRATYAHARA’

“God of the dark blue throat. As thou hast  
The six, so the same six have I,  
And yet, estranged from thee, into misery have I fallen  
only this discord was there, that, though betwixt  
Thee and we there wast no difference,  
Thou wast the Lord of six, which I by six was led astray.”

LALA VAKYANI.

“Truth, not elequence, is to be sought for, in Holy Scriptures. We should rather search after (our spiritual) profit in the Scriptures, than subtlty of speech.”

In Part-I we have considered the four important steps viz. yama, niyama, asana, pranayama and we have seen that actually all four steps together form the art of Pranayama or the art of control of prana or impulses. These impulses are received from (1) food and drink (2) breathing (3) the sensations of sound smell, touch and sight. We have also noted the corrective methods for each. Sincere adherence to the methods and techniques shown would bring a person to the verge of the critical certain stage.

The fifth step according to Bhagwan Patanjali is Pratyahara. The first four steps bring one to the bank of a river. Then there is the river and then there is the other bank. On the other bank is the master waiting for the sincere disciple to come. The disciple has after a long journey come to the bank of the river. The river we call the no man’s land or the fifth step of Pratyahara.

Before we proceed further let us recapitulate whatever we have gathered in Part-I.

1. Man, the most prized creation (this is what we human beings presume) on Earth has not created himself, for whatever he may know about himself, he does know so little, that whatever he knows of himself is comparatively unaccountable.
2. Man the human being, is not the body of man, with its organs, limbs, senses, blood and mind all put together.
3. He has a certain pattern of behaviour. These patterns are hundreds of thousands. Thereafter, no two human beings seem to behave similarly or are similar.

4. These patterns however many they may be, are limited and therefore, it is possible to mathematically code these patterns and index them and file them !
5. After such methodical arrangement, it is like feeding an electrical computer with certain data and expecting certain answer !
6. But, we cannot damage the dignity of man nor the divinity of man by reducing him to a machine however nice by expounding a new theory of man being a machine only.
7. Mathematically, however, it is clear, that these patterns if fed into a precision machine will create effects. These patterns therefore, create certain behaviour or actions on the physical plane i.e. coded impulses are decoded into thought and actions.
8. These actions are considered by man himself in different manner or rather looks upon these actions as inevitable and forced results i.e., man interprets these actions as effects (which in turn become a cause), of the mental or psychological patterns which are fed in this fine machine man – by some Higher Being or Power !!
9. Some view this as not so. The machine has the liberty and has the freedom to feed whatever patterns it would like to feed and so control the results i.e., actions on the physical plane and therefore the results attendant thereon.
10. There is yet another aspect where it is claimed that man the human being is not the machine or an electric computer of a high order but he is actually free from all these mental or psychological patterns. He can create something new always and be responsible for it.
11. There are yet some more human beings who feel that there is a Higher Power that feeds the patterns as the Power would divinely wish and therefore man the human being will act big or small as per the desire of the Divine Being and that man cannot match his will against that of the Divine Being.
12. The consolation prize is that, if we tolerate the Divine Choice or Divine Will of the Divine Being for all the future time to come, we shall be idling ourselves at peace in some wonderland called Heaven. Hell therefore is the price of revolt !
13. There is yet another group of beings that claim that man the human being is God himself, and the Supreme Architect. They then proceed to other aspects of man which is not man the human being.

14. This leaves the whole world today as it was yesterday \_\_\_\_\_ in doubt. What is true ! We have in the first part seen that man the human being is composed of the limbs and organs mind and brain and senses. He has also the ability to carry out the functions which has advanced techniques training like circulation, pulse etc. etc.
15. In carrying out these difficult activities which is not possible for man the human being to do consciously; there is a laid down method of internal administration which is left to the Chairman, the senior and junior managing directors and one of the five directors viz. the Instinctive Centre.
16. That this administration is bigger and vaster than the administration of the biggest size business organization on earth !
17. That being so, all the modern techniques of management should be implemented and with meticulous care !
18. On the other hand, in 99% of cases, we have noted that this huge organization of our inside self, is mismanaged; with the resultant chaos !
19. That this resultant chaos is the cause and the behaviour i.e. the actions on the physical plane are the effects or results of such internal chaos.
20. Therefore, the effects or results on the physical plane are not causes which should ever be held responsible for certain coming future effects that result in what we call reaction !!
21. That this internal resultant chaos is the only reason. The action is the reaction to the incoming coded impulses and the incorrect manner, in which they are decoded due to internal chaos and the completely wrong breathing and the wrong habits of food , sleep, sex and the various leakages.
22. That automatic filters, that prevent unsuited coded impulses reaching the grey matter, are not made to function though provided within the system by proper methods and techniques and so these impulses which by their impact and decoding, create that minus resultant intensity and create those causes which in turn bring about wrong action in turn.
23. We have also noted that this internal chaos can be set right by introducing certain corrective methods during food intake, during three step rhythmic breathing, whilst decoding the incoming coded impulses that reach the intellectual, emotional, sex, and moving centres.

24. We have also noted that the reaction resulting from this internal chaos and internal mismanagement some call Karma, and some call Karmic Debt, and others call it Destiny or Divine Will.
25. It therefore, follows that the corrective methods on changing this internal chaos and mismanagement change also the effects resultant on the physical plane. In other words our wrong actions can be made to change into right actions by the corrective methods.
26. If the actions on the physical plane are orderly, a result of internal change, brought about by following the proper methods and techniques (as outlined in Part-I of this Book), the reaction to this i.e. Karma, Karmic Debt, Destiny or Divine Will will also be orderly.
27. If the inside is orderly and the outside actions are orderly and the reaction to them is also orderly and all is therefore in rhythm we have no reason to grumble or apprehend or be afraid of; as we can only expect harmony to reach us.
28. This therefore means that our longing for a place called Heaven is uncalled for, so is our fear of a place called Hell. That this world could be Heaven or Hell !
29. We have noted also that till such time this mismanagement keeps chaos within and the man the human being is classed, a machine and as a machine he is not supposed to have any free will !
30. That there are proper methods and techniques which turn this chaos and mismanagement to order and disharmony to harmony. It also means that, the resultant becomes order and harmony, peace and rhythm therefore follow and so man the human being changes from a machine and is able to use free will properly due to this change of internal chaos to internal order and disharmony to harmony !
31. Some call these corrective methods and techniques of changing the internal chaos and disorder to rhythm and order as, religion, faith, yoga, philosophy, love of God, theosophy, Christian Science, applied psychology hypnosis and auto-suggestions and host of such other sciences and what is worst, is that each one does not wish to acknowledge that any other way is possible and if possible is as good or better !

Even an advanced soul like Thomas A. Kempis writes “For what other nation is there of such high renown as the Christian people !”

“Surely there is no other nation so great that hath gods so high unto them, as thou our God at present to all Thy faithful ones, unto whom for their

daily comfort, and for the raising up of their hearts to heaven, Thou bestowest Thyself !”

32. That the beginning of each such corrective doctrine is attributed either to some impersonation of God himself who creates a fraction of Himself in the shape of a human being so that the human being is not frightened and can also understand !

In Chapter XI of the Geeta after seeing or rather having a glimpse of the Divine Vision Arjuna says, “I rejoice that I have seen what man never saw before; yet O, Lord! I am overwhelmed with fear. Please take again the Form I know. Be merciful, O, Lord. Thou who art the home of the whole Universe.”

33. In some cases such beginning of corrective doctrine is attributed to a man who has been able to out distance other human beings to such an extent as to be a Deputy God we call “Prophet” and so has been able to get first hand information.!
34. To say that the points (32) and (33) enumerated above are not the mental and psychological patterns of thought of somewell-meaning, ancient human beings to lend authority to what they themselves have presumed or said or written, there is no guarantee and we cannot say anymore !
35. We cannot also affirm that because all the whole world believes in such stories that God has incarnated or does incarnate or human being do become Deputy God or Prophets, to start such corrective doctrine; that such stories could be or ought to be true. At one time the whole world family believe and had the firm conviction that :
  - a. Our Earth was flat;
  - b. That it was the centre and that the Sun and the Heavens were going round our earth.
  - c. That the earth was vast and the stars were so small and that they only twinkled (to please him perhaps !) and so forth.

We are today equally convinced that this is all wrong! Yet we have suffered no indignity in realising that our planet is smaller than a mere dust particle in the Heavens because we are satisfied that we now at least know a part of truth.

36. It is therefore, possible that whatever today we believe, in any branch of science or in short in any branch of human knowledge and arts; and with conviction too in some cases, could be or would be all wrong tomorrow !!

It is fortunate if it is so; for we have then really advanced ! It is, therefore infinitely better to keep an open mind and be not dogmatic about the best piece of truth we may be hiding jealously !

37. To keep an open mind, therefore, implies that we go on learning and accumulating more and more of truth if we are fortunate enough to lay our hands on !
38. It is, therefore, implied that all knowledge and truth that anyone has or all of us have is relative!
39. All truth and knowledge is, therefore, relative in relation to the man who may be above or below that Critical Certain Stage !
40. There are some who say that this earth and this creation does not exist and even all that is does not exist! It is all maya i.e., they imply it is all an illusion; in other words that it is a big hoax! What respects can then we have of such a hypnotist of a God and why should we call him God and respect Him in such a case ? Or what all these people say is not true or is not meant that way !
41. If maya has other meanings we should be willing to understand provided the proceeding explanation in (40) is discarded.
42. We have also noted that all that we can do i.e., eating, thinking, breathing, sleeping, sex, feelings and all movements; all these are performed incorrectly. In our age of the atom, the hydrogen bomb and the rockets and satellites we can surely perform these simple functions correctly!
43. That in these operations we have some choice and that by doing those incorrectly, it is evident we have use our limited free will unwisely, i.e., our limited “finance” have been unwisely all spent and that we are now “bankrupt” and that being bankrupt we are all unhappy.
44. We also note that being unable in spending this limit finance wisely, we are now not given the opportunity to handle finance (our free will) on yet larger or grander scale !
45. We should also make clear that whatever is contained in these two volumes (Parts-I and II) has not as its author a small fraction of God Himself incarnating as the Originator and it is not even claimed tat it contains a fraction of the relative Truth or any portion of Truth!
46. We have only realised that first steps come first and that we should first practice the proper methods and techniques before we can waste time on bigger and more difficult subjects like what is good and evil, how big is

the creation, is there life elsewhere what is life and what is God!! Such mighty subjects dear readers, let us leave to those persons who think that they are very advanced and to whom our subjects and approach appear too mean and insignificant.

47. Finally, to keep our minds from drifting, which is indeed very difficult and that whenever we sit to think or concentrate, our minds do drift or to put it more correctly, our mind “goes” where it is normally placed in our life; as per its development and it is we who impose on it a bigger task for which it is ill prepared and so it quietly withdrawn! This withdrawing away of the mind from the imposed task is called “a drift.” Therefore, dear reader, the purpose of all the corrective methods and techniques known by different names as we have noted above in (31) are efforts to make this mind of man big enough or fit enough to be by itself willing and able to think and dwell on these bigger and higher subjects and if we try to do so before this mind has passed through vigorous and sustained training, all our efforts in concentration and meditation would be only waste of time and self believing, rather than actual practice and will always end in drifts.

48. We have also noted that the interplay of the qualities of the centres and the repeated expressions of hundreds of thousands of patterns and the introduction of the corrective methods bring about finally a state of inward affairs, expressed usually as the “struggles of the aspirant.” These inward struggles denote use of unmethodical methods. When the methods are methodical we term as “the re-education of the mind” and there are no such wild struggles.”

“All saints passed through many tribulations and temptations and profited thereby.”

“There is no man that is altogether free from temptations whilst on earth; for in ourselves is the root thereof, being born with inclination to evil.”

49. To describe further, suppose we ask our friend to stand at the door and prevent certain types of person from coming in, your friend in sincerely helping us in keeping these people out, is himself held in bond in attendance at the door and he cannot peacefully ..... near us and be with us! Your friend is your mind within, the other people are the types of impulses ..... want to keep out, and so your mind remains full time busy in only trying to keep these impulses from coming i.e. instead of the bondage of indulgence of certain thoughts, you piously engage yourself in the bondage preventing these impulses from coming in !

Volumes have been written where it is stressed that moral life is essential to all spiritual progress and in ..... yoga or the eight limbs of yoga or eight steps of yoga ..... great length the authors of such books write about the eith law that govern

our moral nature and dwell on pure life, chastity, non-killing, non-stealing, continence, forgiveness, kindness, austerities, contentment, charity and study. But problem is how these can be achieved.

Sincere aspirant has found to his or her dismay that no sooner an attempt is made for a better life, as if from some unknown quarter of the mind a host of thoughts rush up to suffocate or drown this noble urge and the aspirant is himself or herself astounded that such a host of vicious thoughts ever existed within.

Some piously believe that the Lord is putting him ..... her to “test,” never suspecting and utterly not understand the strength of the emotional and sex centres and the hundred of thousands of patterns all stored within and the intellect centre’s unmethodical approach to the whole problem!

Taking refuge in repeating a mantra or holy name or visualising a holy face on which we have absolute faith, does not help us in carrying out our daily life, for our mind cannot properly dwell upon both the subjects simultaneously and no sooner the mind is left to handle the worldly life, it plays its own tricks and with venegence.

So, by putting into operation Part-I of this Book, one is able to put into operation yama, niyama, asans and pranayama. Actually speaking, all the four steps together constitute pranayama or the art of control of incoming impulses. Sincere practice will bring one to the verge of that critical certain stage which forms one bank of the river.

Just as a river has two banks, so the flowing river of life has also two banks. One one side of the bank is the life of the aspirant below and up to that critical certain stage, and on the other bank, is the higher, more free, spiritual and wisdom stage or the goal or the purpose of life and birth.

Crossing the river is essential in order to go over to the other side of the river. When in the river we can decide where we shall land on the other side. But for ..... more free, spiritual and wisdom stage we must cross over and land on the other bank.

This river of life is normally a very turbulent river. Crossing from one bank to another one would need a good boat and a skilful boatman. We do not normally carry a boat on our head in expectation of having to cross the river. But or coming to the river, we search for a boatman with a bot. We neither search for nor find a boatman before coming to the river!

The boatman is your guide and the boat is his methods and techniques of taking you to the other bank. Your arriving up to the bank of the river is your preparation to be ready i.e., arriving up to the verge of that critical certain stage. In other words you are then becoming ready for the Master to appear.

Normally we pay a boatman for taking us across. What we pay is our sincere adherence to his methods, regularly day in and day out. This crossing over is called the

No man's land for though the land on either side of the river may be ..... to different owners, the river belongs to all. Just as the river is a different terrain from that on either side so is here the No man's land. Quite a different type of efforts experience and study are required as compared to efforts, study and experience required up to that critical certain ..... What is then actually pratyahara! It is normally called "preparation to concentration." "The process of collecting the powers of the mind and from restraining it from going ..... to the external objects."

It is all easier said than done, for we are afraid whether those who write the above lines are themselves able to do so. It reminds us of the story of a bright young man who bought a clean new broom and went to the basement and there worked hard for many days trying to sweep away the darkness!

There are many who live without working for a living and who spend the whole day and eventually their whole life giving spiritual lessons and spend time in reciting mantras or are absorbed in japas.

Such livign on charity, whether it upholds the dignity of man the human being, we cannot say – at least we shudder at the thought even though most learned arguments be put forward for such an unnatural life!

Such people can quote or write such lines. The aspirant however finds that his every attempt is opposed by his wayward mind and then there are some who bring in the question of the devil tempting the person who is on his way to progress.

Which is this devil that seems to confront all aspirants always! Why is it that we read of a bigger devil tempting or trying to frighten the more advanced sons of man! Can you recollect, "Get thee behind me Satan"? Is it true or is it an exaggeration of the recorders who record such incidents. All such sincere people have resisted hard through out their lvies not knowing the correct methods. Again we quote Thomas A. Kempis, "Pire trieth iron, and temptations a just man."

"Some suffer great temptation in the beginning of their conversation, others in the latter end. Others again ..... such troubled almost through the whole time of their life. We have not seen such bigger or smaller devils; but we have experienced and we have been told by aspirants of bigger and smaller resistance to efforts. This has been experienced by us and has been recorded by other aspirants. We shall examine later whatever it is. To a certain extent it is true that strong obstruction is experienced.

A rocket to be free from the gravitational pull of the Earth has to develop a certain speed or intensity and for a rocket to escape the gravitational pull of the Sun, the intensity or speed required would be many tiems more. Is this gravitational pull a devil? Is this gravitational pull of the Earth or theSun a smaller and bigger devil? Is the inherent gravitational pull of the flow of life a devil? Is such gravitational pull in an ordinary aspirant and in a Christ or a Buddha a smaller and bigger devil? Even supposing it is a devil, how is it that till this time i.e., till the day we decide to pull off we did not realise

that it was a devil for it would amount to saying that American did not exist till Columbus or Amerigo de Vispuse discovered it!

The inherent pull of the flow of life is the force that counters our efforts to be free from it and very natural. We for a long time have been very friendly and in line with the same flow of life and now that we have decided to break off, naturally the parting of the company hurts and even there is a natural tendency to hold. This can happen between any ..... Livign beings – the bond of long company.

The advanced sons of man are past the No man's land and are high up on the other side. They have already offset so to say the gravitational pull of earth but let us say are satellites of the Sun.

They again realise their new bondage and now seek release from that. The pull is however far too intense, but these wonderful sons of man are equal to the task. In figuration language this pull from out standards is a mighty devil with great powers and the things he can offer or the weapons with which he can oppose are tempting and awful from our point of view. But we digress.

The No man's land or pratyahara is the stage where an aspirant has to add two wisdom units to the two already accumulated. Pratyahara is therefore a stage sufficiently long for the sincere aspirant who can continue with the method as shown in part-I with rhythmic three-step breathing perfected. The decoded thought rate keeps on diminishing till it reaches one hundred pulse beats for decoding one coded impulse. The ground is prepared for the next and very important stage of Dharna, (Concentration) dhyana (meditation) and samadhi (identificaiton) i.e. the proper use of brain and mind port No.2 which is now developed completely. This is done of course under guidance of a teacher which the aspirant will find on sincerely coming up to the verge of that critical certain stage.

On this stage, i.e., stage of pratyahara occur the two-fold change!

1. The stage of concentration is reached or the stage when for one thousand pulse beats, one coded impulse is studied and decoded and held exclusively!! This means that the energy normally wasted in decoding  $12 \times 1000 = 12,000$  thoughts is preserved and the intensity of that one decoding resultant is multiplied by 12,000. This makes it possible to hold intense plus resultant intensity for 1000 plus beats. This charges the whole body and the most important reaction resulting from such intense charging is the separating of the cellular-molecular and the molecular bodies i.e. the physical ro purely cellular body with its functions from the molecular – cellular body.
2. The intensity is high enough to break away from the inherent pull of the flow of life. To reach this stage and be able to separate these bodies and to be able to function in them separately therefore is the important and the

only work of this stage of pratyahara. For this very important stage, a master appears to guide the sincere aspirant if he has practiced all that has been shown in ..... and regularly too!

Take this thought for serious thinking. “What is the sup..... Truth.”

## CHAPTER - II

### URGE OF FREEDOM FROM BONDAGE

“To stop a flowing stream, to cool a raging fire,  
To walk on one’s feet in the sky,  
To labour at milking a wooden cow –  
All these,. In the end, are but base jugglery.”

Lalla Vakyani.

“I have often heard, that it is safer to hear and take counsel than to give it.”

Now that the aspirant finds himself on the cellular-molecular and molecular planes, functioning or able to function in his cellular-molecular and molecular bodies, ..... Advice is therefore given for he will be sorely tempted ..... use his new found powers and dimensions of consciousness.

In Part-I we have developed our brain and mind portions I and II and even a started developing brain and ..... portions III. The Cells due to constant new practices and to new rhythm have changed consciously to be different. The intensity of the whole being is slowly evolved so that ..... the whole being rises to a particular pitch, the life ..... essence i.e., prana (it is also called prana because life itself comes streaming in, by impulses) the being of man ..... able to take in from every pore of the body, for prana is a substance that can penetrate a body or any created subs..... Prana or impulse is on the subtle border land between matter and non-matter. It is very, very hard to be observed.

It is able to penetrate all and any substance and for this reason life and consciousness could in however limit form exist in deep oceans and much below the surface of ..... earth or in deep space.

Yama and Niyama not only mean rules of conduct or precepts. They imply the training of the centres. A daily training as per Part-I and a perpetual awakening is essential to bring about harmony from disharmony of the centres with Lord Shri Krishna gives a very short and simple procedure yoga practice but unfortunately, the ritual side is adhered to and the more important and subtle side is overlooked; we shall read that portion of the advice given.

“With peace in heart and no fear, observing the control of mind let the student lose himself in contemplation of Me.” This is essential before one could arrive at that critical certain stage.

There are artificial means of being able to function on the cellular-molecular and the molecular planes in the respective bodies but, it will never help but only injure.

Besides, whatever that is seen, heard or learnt in that artificial way is never understood, rather misunderstood, and the results..... Intensity during such periods is too high for the body and mind (without proper disciplines) and definite serious disastrous effects would follow and do permanent harm and prevent or del..... the real progress by damaging the centres to such an extent that corrective methods would be difficult of implementation even if applied and the aspirant suffers from many maladies of mind and body. It must be added that the sensation thus created is very pleasant.

A business must have a bank balance and also a reserve fund. In most cases the bank balance is minus i.e., overdrawn and there be hardly any reserve fund. This thought should not make us despondent and say, "Oh ! when, for it seems so far removed !" However, an average person with earnest efforts inside of three years could build up a colossal fund to almost equal to two wisdom units if the methods and techniques as shown in Part-I are sincerely adhered to and thereby reach the critical certain stage and then our work is over because the master will then guide the sincere aspirant and we only give advice and warning to the pitfalls on the way in Part-II.

An aspirant after reaching that critical certain stage because of an obsession or noble anticipation of things beyond in the stage of pratyahara he has to spend an equal length of time i.e. about three years more if he is sincere and does not stray on the cellular-molecular and molecular planes too .....

But our experience is that most of the aspirants fall and very many times; and instead of a period of three years may be much longer and in many cases no further progress is ever registered !

This is the period normally described as a stay in the forest or exile and the hard tests to which the aspirant is subjected and the aspirant willingly takes all that comes because the centres are now not rebellious.

Many defeats and humiliations are experienced but to the determined aspirant the final victory is assured ! The behaviour of the centres and their strength is all revealing. The four centres completely surrender for they find a higher and stronger force than their own (i.e. the Junior Managing director) is out to correct them if they go wrong and to the own benefit.

The more an aspirant practices the methods of re-education of the centres and other techniques and practices as shown in Part-I and begins this most difficult, this most noble and the only worthwhile task, which takes a person higher and higher; is the proper way of life and cuts the period shortest but there is no other short cut.

If , however, one thinks one can proceed by philosophy or theosophy or rituals or some kind of blind adherence to mantras, asana or pranayama (as taught by many so called ..... schools and ashrams), or if one were to torture flesh or if one were to observe the vow of silence or complete celibacy, all these with the best of intentions; we are afraid, will ..... do for the inside working of the centres will still remain the

same i.e., the centres like children will behave as long as the teacher is present, to burst out into riotous fun and merry-making no sooner the teacher is away and so will the centres behave under these artificial impositions !!

If a conscious, clear, practical method is not followed day in and day out a person will not progress.

Without these practical methods, one unfortunately builds up only an artificial atmosphere of holiness and spiritual progress but will never, never, make any real progress. It is harder to resist vices and passions, than toil and bodily labours.”

If a person were to sit at the feet of a so called Guru, or a teacher or be constantly in the company of satsang.... perhaps he will not add a minus score to his existing minus score of resultant intensity; but out of satsang or away from his Guru or teacher in normal life there will be no practical guidance. There are people who prefer the artificial life sanyas or renunciation. This is a negative way of facing a problem. This prevents to some extent addition of minus intensity but it does not add plus intensity and does not remove the already accumulated minus resultant intensity ..... has been gathered!! The entire incarnation or this precious life is wasted! This artificial good life which is accord to our experience is also dictated by certain deep and unexpressed motives; but (which is crystal clear to God and nature no plus score is ever added and God and Nature's laws quick locate the selfish, egoistic or fear expressing motives that drive all such people to this unnatural life !

If these persons insist that they are not driven to such a life by any motives whatsoever, otherwise than the love of God and Nature, we do not wish to express our views further but say that let God and Nature judge them. But we digressed.

Who would then prefer if once the re-education of the mind takes place to ever indulge or tarry or be a party to the inside mismanagement! All the people, the world over; of various corrective method groups are out, for the same goal or reasalisation. They all see the need of inner correctives and imposition of proper management. In all cases there is an introduction of a programme or administration, that is well meaning, but it all goes over the heads of the aspirant or they are not found practical in the daily normal life it seems.

We feel that there are chances of misunderstanding us. Our reader may think that we intended to say in these few lines that either what others do is wrong or what we advocate is right, but that would be doing injustice to others and would be a great folly on our part.

Dear Reader, the thought conveyed is that, if one lives nobly and to keep away from the less noble way of life; one lives in an unexpressed, unnatural state of sanyas or renunciation, (which is always guided by some fear of some sort which is unexpressed and unnoticed even by the aspirant), would mean that some perfect understanding is

missing and in that case the life followed and the methods followed, need a further “looking” into.

In whatever we have stated in Part-I there is no strained effort, no suspense, no artificial ways of living, no holier than thou feeling, no separateness from any life or creation no reason to misunderstand anyone or any movement and yet with child like simplicity and with child like grace we attain that state – the critical certain stage.

Normally, a human being is awake for sixteen hours, each day and so in 960 minutes, even if that person thinks at the most ridiculous low rate of 20 (twenty) (not thinks but decode coded impulses) thoughts per minute, we get  $960 \times 20 = 19,200$  thoughts. The normal decoding rate is far too great and in between are countless drifts.

Taking a round figure of 19,000 we have the minimum ..... 19,000. Each decoded impulse is cardexed into its respective centre and if from the files that are maintained, corrective methods are brought out and applied, the rate falls to perhaps 10,000 which would in the first instance mean so much energy stored.

The correctives add immensely the plus score and we find ourselves on the way, in this very life, which otherwise seems a mookery and an obstacle or an illusion or maya, become the base of operations triumphant!

Similarly, the three step rhythmic breathing would reduce 25920 breaths to 17280 per day besides lowering further (due the imposition of this rhythm), the decoding rate. Imagine with colossal saving in energy is brought about!

The incoming impulses, those practically unobservable power points, that reach us continually, instead of flaring ..... and burning away like highly inflammable gas, turn into a powerful storehouse of vital force thereby!!

Finally the most important point to grasp is the fact that one is to be convinced that these simple, common place and yet essential activities like eating, sleeping, sex, corrective methods, check of drifts and analysis are the stepping stones to real progress.

Take this thought for serious thinking, “How can I free myself from my own shadow?”

### CHAPTER - III

#### UNDERSTANDING OF THE LAWS OF FREEDOM FROM BONDAGE

“Some have abandoned home, some have abandoned heritage; but fruitless is all abiding place, if thou hast not thy mind under subjection.”

“How can he abide long in place, who little or seldom recollect himself within his own breast ?”

A rocket has to attain a certain speed in a certain direction, what we call in man the rate of resultant intensity or the flow of resultant intensity (or the movement of the Parameshwari); They say, the speed required to break away from the gravitational pull of the Earth is 25,000 miles an hour and the equivalent we have in man is two plus wisdom units. If this speed is not attainable, the rocket will have to return back to Earth after circulating round the earth for some time, due to gravity and would in that case, (if not guide through atmosphere at reduced speed) burst out in the atmosphere due to great heat of friction generated. If the speed is good enough but not requisite to break off and reach some target in our Universe, it will then revolve round our Earth impotent may be for an eternity, or after a time be sucked back by our Earth.

In the same way, if a man cannot attain that rate of intensity he remains bound to the gravitational pull of life ..... comes back again and again to this flow of life or impotently like man the machine lives his life.

The gravitational pull is the inherent property of Earth and the gravitational pull of life is also the inherent property of the flow of life which we call in a human being, the life of inertia and pleasure or the line of least resistance !

We have as a race now become conscious of the gravitational pull of our Earth, the speed that is required to break away from such a pull, and are also aware of the results of immature attempts or insufficient speed to break away. In these days of such consciousness we ought to understand much better and be able to work out such easily the internal resultant and the immature and insufficient methods to break away from the pull of life.

When the rocket has to develop such high speed care is taken to see that the material or metal it is composed of will stand certain strain at certain strain speed and certain heat created by friction when travelling through atmosphere. We also take care to see that certain type of fuel is made use of.

In the case of man the human being, the material he is composed of is capable of changing and must be charged from gross to fine and the impulses which reach him in three different manner viz. (1) through food and drink, (2) through breathing, (3) through sensations of sound, touch, smell and sight form his fuel and enter separate tanks through

separate channels and are used in certain proportions (different centres) ..... ratio (5:2:2:1).

The corrective methods for (3) above and the three step rhythmic breathing with correctives for (2) above and the corrective methods while eating and the change in eating habit is nothing else but the care with which we select and treat these fuels and create new (metal) or material for making it possible for a human being to attain that intensity to break off from the gravitational pull of life; for any intensity below the required intensity will fail to pull a human being away from the gravitational pull of the flow of life!

It will not help us to have regrets or torture ourselves, and pray or hope and philosophise or argue and discuss about the rocket and its fuel or its metals, though all these are essential to a certain degree, but each by itself is unfruitful. Only further research and further hard work is always necessary and in the long run rewarded!

In the case of man the human being is the same also true. However, most persons waste precious time in regrets, others in hope, some in philosophy, others in learned discourse!! All these, is essential to a certain degree but corrective methods, three step rhythmic breathing, self analysis and all that is shown in Part-I of this Book, in ..... further research and hard work on ourselves are so very essential !

Further, we note that the rocket due to further research day after day increases speed. Sometimes it does misfire, but that is besides the point. However, a day comes when it (rock) does attain that critical certain stage i.e. attain that spe..... which is enough to help it to break away from the gravitation pull of this Earth.

Similarly, with effort after effort in the case of man the human being, the rate of intensity increases and the critical certain stage is reached and man is able to free himself from the inherent pull of the flow of life. However in both cases, when the speed and intensity are reached, the goal is not reached! This effort after effort, this hard work on fuel and metals and formulas on interplanetary travel and the other attendant reading and knowledge required in both the cases, ..... Take us to that critical stage in both the cases but that is not the goal, the beginning only!

It may happen and does happen, that when a rocket is sent at a speed greater than the pull of this Earth, to pull away from the gravitational pull, man on earth rejoices like a schoolboy at his efforts that has enabled him to throw something very far. This feeling is natural as it does contrast and is certainly away from the stage of the arrow and the spear. But what happens to the rocket that has gone? He himself does not know!! It may circle round some other planet or go far in space or collide with something in space, or burn out somewhere or be held in bondage somewhere in space for an eternity, if it survives and reaches some distant star or planet. It is too small for us to be observed. We have not reached that stage when with precision and calculations we can safely land it and recover it again after sending it to a distant planet.

Even so, should we go beyond that critical certain stage, we have indeed gathered enough intensity to pull away from the gravitational pull of life, but we are as yet in that stage which we call the no man's land or pratyahara. We are now neither here nor there! Let us also compare what should or would happen to man the human being who would reach that critical certain stage. He will indeed be free from the inherent pull of life. If he were now to shoot out, but as yet not being prepared with right knowledge to reach a certain destination and without proper chart he would not be able to land wherever he wants and there are all the chances that he will fly past his destination, or burn out or harm himself or be held in bondage elsewhere unconsciously; as yet he is unable to come back at will. However, nice and good and high ..... this new found freedom or shall we say new found bondage!

Later, will come a day when our rocket will reach, land and come back from any planet in our Universe. Similarly the higher practices of dharna (concentration) and dhyana (meditation) will enable, man the human being to pull away and safely from the gravitational pull of the flow of life!

Dear reader, always remember the magic formula, "what is the purpose of life and birth?" Is our purpose to free ourselves from bondage? If it is so, let us not part our freedom at some little higher stage, for a little higher price like a rocket freeing itself from our Earth to find itself in bondage to another planet in our Universe. God be with you.

Take this thought for serious thinking, "Is the Supreme Creator, the God of our Universe?" And if you should find this thought a little difficult think seriously on, "closing the gates of the body, drawing the forces of his mind into the heart and by the power of meditation, concentrating his vital energy in the brain" or further. "He who leaves the body with mind unmoved and filled with devotion, by the power of his meditation, gathering between his eye brows his whole vital energy attains the Supreme."

## CHAPTER - IV

### THE GLAMOUR OF FREEDOM FROM BONDAGE

“Who is he that is wrapped in sleep, and who is he that is awake  
What lake is that which continuously oozeth away?  
What is that which a man may offer in worship to the Lord?  
What is that supreme station to which thou wilt attain.”

“Alas! Length of days both more often make our sins the greater than our lives the better ! Oh! that we had spent but one day in this world thoroughly well !”

There are many who have earned the right of freedom from bondage from the flow of life, just as outside space around our earth is already being occupied by rubbish - ..... rubbish! Similarly, many have bartered their newly earned freedom, for bondage on the astral and mental planes i.e. the cellular-molecular and the molecular planes. But what are these new terms we are bringing in? Are these areas somewhere, far away in our galaxy or in some distant other galaxy? Perhaps it is not exactly so! Perhaps our scientific and some very intellectual and intelligent people will say that our astronauts have found no such areas existing !!

It is to be noted that the centre we call the junior Managing Director or the sixth centre is responsible for guiding the intellectual centre and bringing about the internal harmony of centres. However, unassumingly and quietly the 7<sup>th</sup> centre or the senior Managing Director keeps helping both the intellectual as well as the junior Managing Director or the 6<sup>th</sup> centre who do not realise this fact and feel that there are solely responsible for the progress. However, it so happens that after a time, the 7<sup>th</sup> centre or the Senior Managing Director again stops helping and the person after crossing that critical certain stage finds himself or herself on the plane of glamour or enters as we call the glamorous stage of yoga; the stage of early freedom from bondage, with insufficient intensity to break away from the pull of the ..... of life and reach a destination! So the person feels that he or she has arrived and makes a show in external change of dress and speech and in many other ways, because the absolute knowledge and deep sobriety of the seventh centre is missing.

Some start a following or a school or an ashram. Some get as by-products some lesser powers attendant on the junior Managing Director i.e. on attaining certain high intensity. This according to scriptures, are called sidhis, whilst those of the 7<sup>th</sup> centre are recognised as Atman ..... The former is a treacherous stage. All but a very few forget this warning and so are held as revolving satellites that have left the Earth and for which so many have worked so much, to be held in bondage by another planet or even our own Earth and which is not the destination; but all this must happen before safe interplanetary travel is possible. If this new stage were the destination, it would be well and good but this new bondage is in a field not meant for. The powers of the cellular-molecular and molecular planes are great but it means only exchanging one less equipped

prison for a better equipped and luxurious one. Compared to our cellular structure and awareness the Molecular structure and awareness is indeed great freedom and wonderful indeed but is a station on the way but is not the destination or purpose of life and birth!

Should our destination be something else, and if we find a certain station on the way wonderful, we do not drop out of the transport and suddenly decide to stay at that station. If we do, it speaks of a weak mind and a life without plan or purpose. In any case, this stage is not what we have to react ultimately and if we are sincere to the formula, “what is the purpose of life and birth” we shall not get caught by such stations on the way and will continue going; however pleasant the stations on the way may be!

Most of the aspirants not only think that they have arrived but think that the junior Managing Director (the 6<sup>th</sup> centre) is the Chairman, while in fact he is even below the senior Managing Director (the 7<sup>th</sup> centre). Such persons describe (these, on the way stations) at great length, in prose and poetry, and the pupils that they find are also misled, though such aspirants be honest, for they firmly believe that they have now reached their destination. If the destination were so near and so easy of access then poor indeed is this entire creation and its purpose!

The glamour of this stage is so great that aspirants stay here for an eternity or till such time one informs them about it or are themselves convinced about the on the way station as false destination. They then again realise the ..... bondage and make a fresh start.

In the poetic language of the Geeta, Lord Krishna says, “Yet although they enjoy the spacious glories of Paradise, nevertheless, when their merit is exhausted, they are born again into this world of mortals.”

Should our aim be freedom from bondage, at no stage let our aim be a relative aim and accept anything less than a continuous progress till absolute freedom is had and if this requires our efforts till the end of time and our waiting till the end of creation, falter not, but do not accept even out of exhaustion anything less than asked for, or worked for, or aimed at! We assure you that such unflinching devotion, such supreme duty to yourself is always respected and even suns and stars and galaxies give way if required to get out of your way so that you may progress; for instinctively all creation can sense this one supreme purpose or urge, though most of the creation is unable to express it in as many words but will know by instinct a person who is dedicated and motivated to the most supreme duty that of freedom from all bondage!

Take this thought for serious thinking : “What is prayer? How could it be made effective to work instantaneously?”

## CHAPTER - V

### MISCONCEPTION OF THE ULTIMATE FREEDOM FROM BONDAGE

“When the soul transcends the qualities, which are the real cause of physical existence, then, freed from birth and death, from old age and misery, he quaffs the nectar of immortality.”

“For all that is high is not holy; nor all that is sweet, good; nor every desire pure; nor is everything that is dear unto us, pleasing to God.”

Paradise is nothing but functioning in the molecular body on the molecular plane as compared to functioning on this physical plane in a cellular body.

Normally, the interplay of qualities at many levels simultaneously in the centres, gives rise to decoded impulses at the rate of twelve per pulse beat. This rate is actually one tenth of the rate at which all impulses impinge from the outside world.

Through normal filtering, rejection and selectivity the rate drops to one tenth i.e. 12 per pulse beat. A normal person's rate is as shown in Chart-II in Book-I. Through the correctives and other techniques shown in Part-I a normal person accumulates high plus intensity with the result that we find!

1. high minus resultant need high plus resultant correctives.
2. low or average minus resultant need average plus resultant correctives
3. for quick progress a special intensity high correctives are necessary; but we should proceed with caution!
4. because of special intensity high correctives, all other interplay of the qualities of the four centres at different is stopped automatically

This is a blessing if made possible. The result of this is that a person with high or intense plus or minus resultant has a peculiar vibrational tone depending on this high intensity and please remember that up to a certain stage, this is the result whether the intensity be plus or min

This high vibrational tone set up due to high intensity whether minus or plus gives a person, (again we repeat, up to a certain stage), but if high (1) a firm and commanding personality (2) power to function on the cellular-molecular and molecular plane i.e. some rays emanate from such person, unseen but felt; but not possible in the case of normal persons and can for better or worse, such persons can make use of their new found powers and vast dimensions.

One more point of clarification will be that no sooner the high resultant intensity is one wisdom unit whether plus or minus a person is able to function on the molecular plane, but however high the resultant intensity be, should ..... be minus; then it is never

possible for a person to function beyond the molecular plane; whilst after one plus unit a person is slowly able to function a little on the electronic plane and later more and more on the electronic plane. But being able to function on the molecular plane, enables a person to demonstrate great powers for better or worse depending on high plus or minus intensity.

Though to a certain extent one is free from the grasp of the flow of life because one is able to function on the molecular plane. Nature and God have laws that create only the glamorous planes which we call the no man's land or pratyahara for such persons to function as long as they realise their folly and turn back and make amends.

To this plane both the high plus and the high minus must come but the laws lay down that minimum two plus units must be gathered as the final resultant intensity score, to enable one to make entry of the other side. This necessarily means the washing away of all minus resultant intensity or bondage on the glamorous stage of the molecular planes.

Mathematically it would mean that any man can reach that critical Certain Stage with high minus or plus intensity and can enter the no man's land or pratyahara. Here one with two plus wisdom unit will straight away pass on by collecting two more plus units but one entering with minus two units on collecting two plus units finds his score zero and has to wait to collect further two plus units; and another person making an entry in the no man's land with two minus units were to collect further two minus units and collect in all four minus units will have to wait on the glamorous stage ..... collect further six plus units. Besides, those having plus units will have also an opportunity to function in a limited manner on the electronic plane and learn the laws of the electronic plane, which is never possible for those with minus units.

In normal life on earth, when we come across a person having four plus wisdom units, we call such persons saints or sant, with eight plus wisdom units we call such persons maharishi, over 16 such plus units we call them Bhagwan, with thirty two and more plus units, we call them prophets or avatar.

A person with one minus wisdom unit is a great scourge on earth, with minus two wisdom units he can be a devil incarnate. (We regret, we use the words 'Scourge' and 'devil' but we use the wordly language to describe high minus stages). Once a person gathers plus wisdom units, he is able to function (though in a limited manner) on the electronic plane and is therefore superior to any person who has accumulated any number of minus wisdom units.

This is God's and Nature's wisdom for it enables the good in man to triumph ultimately. In all creation, in time, all creatures are given free will. The right to exercise is never denied. Due to such accumulation the laws permit one to function on the molecular plane, but it is here that God and Nature also ask for the fulfillment of yet higher laws and the person who thinks he can get away with every one once having reached the molecular plane, will find with great pain..... that God and Nature cannot be

cheated and though time from God and Nature's view point may be different entirely from our view point, such a person realises, "God though slow to wrath cannot with impunity be defied." Here wrath can be interpreted as auditing of accounts of each person, i.e. the final requirements of plus two wisdom units. We call this actually "Karma" and is different from the result of action, or action itself or destiny or bhagya.

According to us the decoded impulse in the pure motive stage with whatever plus or minus resultant intensity is 'Karma' and is the final balance sheet and profit and loss account but is not based on actual actions performed by a person which can be different entirely from the pure motive state. Action may have in the world of man a quite different interpretation, motivated for certain worldly demonstration or by certain worldly circumstances. This point has to be thoroughly understood, to understand the working of God's and Nature's laws.

Unless the resultant intensity score is not two wisdom units, one does not reach that certain critical stage and if the final score is not increased by further addition two plus units, the no man's land or pratyahara is not crossed over and the other side is not reached. Then only one can practice (concentration) dharna, dhyana (meditation) and samadhi (identification) and only then can one use free will freely and wisely! Till then the free will is restricted (in a way due to operation of certain laws) and man, the human being appears to all intent and purposes, man the machine.

Karma is not retribution, Karma is not punishment, Karma is the result of free will, the result of decoding, coded impulses. If one is beyond the critical certain stage but has not crossed the no man's land, one is like a rocket that is able to break off the gravitational pull of the earth but is a satellite to another planet and so bondage of one kind is exchanged for bondage of another kind. Such persons though they piously believe that they have earned (freedom) moksha from the gravitational pull of life, yet are in fact in bondage of the glamorous stage of the molecular plane.

Similarly, a rocket may break off the gravitational pull of our Earth and may go past our sun and the planets in our solar system but will be held in bondage as a satellite in another solar system. There are millions of universes in our galaxy and so imagine how long would it take for an instrument (we are now not using the word rocket because at that stage the word rocket will look primitive) that is intelligently guided from earth and simultaneously by the man within to be free from our galaxy?

We are also informed both by astronomy i.e. modern science and also by the scriptures that there are such millions of galaxies. In our galaxy light takes 60,000 years to cross the diameter of our galaxy, i.e. perhaps slower than the bullock cart in earth; which can cross the earth's diameter quicker! Narada, the story says, asked Lord Krishna, "Lord! This universe is magnificent. I can see many more such universes. Pray tell me how many such universes comprise thy Diving Kingdom?" And Lord Krishna replied, "Narada, see down below the river Ganges. If there be as many river Ganges, and Universes equal to all the grains of sand put together will fill but a portion of my creation." Lord Krishna in Chapter-XVI says "The godless do not know how to act, or

how to renounce. They have neither purity nor truth. They do not understand the right principles of conduct.” “They say that the Universe is an accident with no purpose and no God. Life is created by sexual union, a product of lust and nothing else! “Thinking thus, these degraded souls, these enemies of mankind whose intelligence is negligible and whose deeds are monstrous come into the world to destroy.”

What would then be the time required for such an instrument to be able to be free from the gravitational pull of the galaxies upon galaxies? Are Suns free? Are planets free? Are solar systems free? Are meteors and shooting stars free? Are galaxies free in the sense of Absolute Freedom? In the sense of absolute moksha, it is the same, but many people piously believe otherwise. Is not human form able to function at other places? Is it that such areas are not existing in all creation? But man certainly can be free to a small or a large extent.

Well, dear reader, this great and serious mistake of “seeing the distant scene” we do not wish to make. One step enough for us and may He hold our feet! At present dear reader, we are just past that critical certain stage and are in no man’s land, i.e. pratyahara and let us not indulge in anything else. Only in closing, let us ask hesitatingly again, “how long will it take to reach the stage of absolute moksha?”

Take this thought for serious thinking. “To what freedom or to what moksha or to which Nirvana am I aiming at and what steps am I taking?”

## CHAPTER - VI

### CAN WE CONCENTRATE AND HOW BEST

“Without concentration, O mighty man ! renunciation is difficult. But the sage always mediating on the Divine, before long shall attain the absolute.”

“When the wavering and volatile mind would wander, let him restrain it and bring it again to its allegiance to the self.”

“But if a man will meditate on Me, and Me alone, and will worship Me always and everywhere, I will take upon Myself the fulfilment of his aspirations and I will safeguard whatever he shall attain.”

### **GEETA**

We have noted that impulses impinge on our grey matter in the respective spots or centres at the rate of 120 per each pulse beat, and after decoding, natural selectivity and rejection, decoded rate drops to 12 per each pulse beat. Science will certainly be able to verify this with sensitive instruments. These 12 decoded thoughts for each pulse beat create internal traffic. These 12 decoded thoughts for each pulse beat set up between them inside messages and communications. This heavy traffic keeps the nerves and nadis congested like city roads at peak office hours traffic !

There are crossings and important traffic junctions. The traffic jam is enormous at certain periods and at certain places. Such internal conditions create certain pathological conditions. Taking sedatives or pills or drugs do no good, though apparently they seem to reduce pains of different nature attendant on different traffic junctions. Should we study well such symptoms, we shall know from the traffic the patterns and the trend of thoughts.

There are hundreds and thousands of such patterns and we add to them each day and each hour and also we play them back on the mental tape recorder from time to time. We play these patterns at different speeds and unlike our gears, we can adjust at different speeds and unlike our gears, we can adjust to any speed. Twelve thoughts per each pulse beat is a high rate indeed, but is the average rate in an average person. How can we reduce this rate? What are the methods ? It is very common for persons to say, “I spend one hour each morning in concentration” or “I meditate each morning for one hour.” We do not understand what they actually mean. We would request such people to read Part-I again. There are prolonged drifts and quick drifts of the mind and still quicker interruptions which we are never able to notice because of their suddenness and great speed. Some readers may still insist that however fast the interruptions, they would yet certainly not fail to observe.

We do realise, that with our physical eyes open, we see pictures, clear lifeless pictures moving, and we honestly think that those in the pictures, really move, how much more so can invisible drifts and quick interruptions be fool us! There are certain limitations inherent in the physical senses and in all matter.

Thought is not a substance of such texture that we can command by our will in our present stage of evolution and would amount to sweeping clear a room of darkness with a broom and if we ever actually try to command thoughts by our will the result would be similar to the story of "King Canuts & the Sea." We have noted the sorry state of the intellectual centre due to use of will in absence of the right methods of issuing command.

Of the 120 impulses reaching the various centres in the grey matter, it should be noted that it will depend on the ratio of centres, i.e. in a person with 2:4:8:2 ratio these 120 impulses will reach the respective centres in the same ratio and in case of a person with 5:2:2:1 the 120 impulses will reach the respective centres in that ratio only. So we realise that : (1) without analysis of our drifts (2) without knowing the plus and minus resultant intensity of our centre (3) without introducing the corrective methods, it is impossible to get any plus resultant intensity and reach that critical certain stage and without collecting one wisdom ..... it is not possible to function with portion-II or section-II of brain and mind and inter connect this to the intellectual centre and till then concentration in its rudimentary stage is even not possible, consciously, though each person unconsciously at times for a moment may be able to do so! Hence what is concentration and how is it done? If concentration which is a single and smaller step to meditation, how can we meditate? Sage Patanjali, therefore, wisely said that to how one thought for one pulse beat exclusively forms the beginning of concentration practice. He had realised how difficult it was and only those who do not realise this can very easily say that they can concentrate or meditate.

We have also noted that however well meaning a person may be, should the methods followed be wrong, then every time the intellectual centre will end in a minus resultant intensity for each effort made. This is one reason why New Year and Birth Day resolutions should not be made lightly for every time we fail we become weaker and accumulate minus resultant intensity.

From the traffic between these four centres and added to this, the traffic of the instinctive centre, we get fifteen major junctions. It will take a volume by itself to examine the pathological symptoms attendant on these fifteen junctions and one hundred and eight smaller crossing of the traffic. These centres should not be mixed up with other plexuses or chakras.

To the incoming impulses and outgoing decoded thought in pure motive form we given an example :

1. There was a time when a particular lady was observed by u for her manner of walk, dress, make-up, speech, which gave us a reaction and we interpreted that reaction and formed a certain opinion about her character.
2. Later, whenever we had a chance to be more friendly and observed her, we were amazed at the actual character and behaviour and had to entirely change our opinion. Of course these views were strictly kept to ourselves.
3. By further observation we realised that whenever we saw a person and formed an opinion, our opinion was the actual resultant of the interplay of the qualities predominant in the centres at that moment, within us and had nothing to do whatsoever with the person observed.
4. Later on further observation revealed that the observation made was besides the point. The person who was observed actually behaved in many cases and especially at close quarters like the needle of a compass when a magnet is brought near.

Try to read and understand whatever is stated in 1, 2, 3 and 4 above. Further, the incoming coded impulses have their speed in relation to the intensity of the centres concerned and to which they reach. As per their speed they race through the nerves from the coding centre to the decoding and back. In decoding and on translating these decoded thoughts to action the relevant organs, senses, limbs are made use of.

However, it is not possible to apply corrective methods at that high speed of incoming coded impulses or even at the rate of decoded thought, nor can our will help us. What is then the solution? The ancient sages found the answer after long observations and a sure method of helping the sincere aspirant was evolved. Thought, they visualised must be confronted by “something” which should be quite as subtle to match. The strength being in the intensity of that something. They found that the movements of the diaphragm, the heart and the lungs like the movements of the planets had certain rhythm and ratio and balance creating some divine music. (But we do not wish to philosophise.) One thought is certain, that the breathing of men could be made more rhythmic and the timing could be improved.

The breathing rate of a normal person is 18-20 breaths per minute. There is no regularity of this rate even; for the breathing is faster or slower during the day or night or from day to day and this change is not consciously brought about. The practice of three step rhythmic breathing brings this rate down and keeps it constant at 12 per minute. This breathing when mastered and imposed for twenty four hours a day, slows appreciably the decoding rate of the centres and this is brought about without using any physical will.

“There are some who practice control of the vital energy and govern the subtle forces of Prana and Apana, thereby sacrificing their Prana unto Apana, or unto Prana.”

“Others, controlling their diet, sacrifice their worldly life to the spiritual fire. All understand the principle of sacrifice, and by its means their sins are washed away.”

Take this thought for serious thinking :

“If every year we would root out one vice, we should sooner become perfect men.”

But how often times we perceive it goes contrary, and that we were better and purer at the beginning of our conversion than after many years of our profession.

**THOMAS A. KEMPIS.**

## CHAPTER - VII

### FREEDOM FROM BONDAGE OR FREEDOM FROM CELESTIAL INFLUENCE

“Then to the folling heavens itself I cried,  
Asking, what lamp has destiny to guide  
Her little children stumbling in the dark;  
And – ‘a blind understanding’ heavens replied” –

“Oh, thou who didst with pitfalls and with gin  
Beset the road I was to wander in,  
Thou wilt not with predestination round  
Enmesh me, and imputs my fall to sin !”

**Omar Khayam.**

“O, God of men, why hold concealed Thy light?  
When shall your Sun crase this blot of night?  
Can you not spare us but one flash, one beam?  
Must we believe that you are in our plight?”

**Haaffis.**

“The Lord does not accept responsibility for any man’s sin or merit. Man are deluded because in them wisdom is submerged in ignorance” says Lrod Krishna to Arjuna. How precisely does Lord Krishna blow the myth of predestination and man the machine.

In our days of the I.C.B.M., the rocket, the satellite and the interplanetary travel, we find that the purpose of all these experimentation is urged or motivated by man’s inherent urge to be free from bondage, whatever the bondage be. Certain nations have tried and have got their freedom, and other nations more free, find themselves in bondage of this earth and so their repeated attempts show how very determined they are to be free.

Today most nations are trying to be free from the domination of another nation. Rest of the nations struggle to maintain that freedom. There will come a stage when political freedom will nto be in danger and man will struggle to get freedom from emotional bondage. At a much later stage will come a time when people everywhere will struggle for freedom for sex bondage and finally in very distant future people will struggle to be free from intellectual bondage. In short they will, over a very long period of time succeed in creating the inside harmony of the centres of section-I of brain and mind.

Now, what is the actual purpose behind this urge? There are many and mixed motives, many honest and some perverted motives, behind this urge to go out in space. One of the many is research, the natural curiosity of man to know that are the contents on the surface and under the surface of other planets. On the data collected could the decision be taken to land space ships for further research and to return safely back to earth. When that stage is reached then only will man go with the space ship and the crew will be highly trained and specialised.

Man will depend on sensitive instruments for recording many things. These instruments will record besides many things, pressure, temperature, atmospheric conditions, gravitational pull, contents within planets, of certain metals and chemicals. These sensitive instruments will react to chemicals, metals, magnetic cosmic and radio-active rays etc.

Suppose, we were to say, “Oh, the poor instruments, how excited they are and how they react! “Such a statement will be viewed as coming from a mind that is not sane! Each human being contains within the body substances that emit chemical, metallic, magnetic, cosmic and radio-active rays! These rays emitting out from one human being fall on another human being when they come in proximity just as a space ship comes in proximity to a certain planet for study and research. Further, the human body has extremely sensitive instruments, a few of the gross ones being our senses and our centres besides others. Our sensitive instruments, therefore, react and the readings recorded by human sensitive instruments are not interpreted as readings but are called emotions or human behaviour patterns.

Such reading (i.e. human behaviour patterns) give vital information as in the case of the sensitive instruments within a space ship but in the case of a human being we come to the conclusion that the behaviour of a particular human being is good or bad and from such data we theorise what is good and what is evil. If only human reactions could be treated as readings of certain instruments within the human body and if we trace these instruments and study them we would very easily be able to solve most of our psychological problems.

The rays that are given out by planets or stars or suns and which our future space ship will record on our future sensitive instruments placed within the space ship are possible or recording and even will be possible of recording on some sensitive instruments on our planet without placing them in a space ship. It is also possible for a human being who is equipped by God and Nature with super sensitive instruments within the human frame to record accordingly!

Astrology and/or palmistry as practised all over the world today is incomplete. Not that we mean to say that the science of palmistry and astrology by itself is incomplete. Yet we find that some events do occur in keeping with the readings of these sciences as practised today. From this has arisen the erroneous conception and interpretation of predestination.

In Part-I we have noted that an average person is below that critical certain stage and is more like man the machine, rather than man the human being. In case of such people the rays emanating from the few planets of our solar system (as known and practiced by present astrology and palmistry) have a certain effect and give us the idea of each planet having its own minus or plus resultant intensity due to the same coding and decoding methods as in man.

These effects impinge on the super sensitive instruments within a human being. These coded impulses in man below the critical certain stage enter into a very mismanaged and chaotic inside of a human being, (without disinfection chamber or three step rhythmic breathing or corrective methods and other disciplines) evoke certain reactions automatically and so create a set kind of thought decoding which makes man only a machine or makes him act in a particular manner with certain effects attendant thereto and this can be correctly and mathematically be worked out.

Arjun said, “My Lord! Verily, the mind is fickle and turbulent, obstinate and strong, yet extremely difficult as the wind to control.” Lord Krishna replied, “Doubtless, mighty in arms! The mind is fickle and exceedingly difficult to restrain, but O son of Kunti! with practice and renunciation it can be done.”

“It is not possible to attain self-realisation if a man does not know how to control himself but for him who, striving by proper means, learns such control, it is possible.”

The more a man is in man the machine state, the more trifling acts are also influenced and so the theory of pre-destination gains further momentum. All average and below the critical certain stage persons, have low plus or minus resultant intensity and so they being within their range, due to the law of rhythm or numbers such persons ought to be effected by the intensities of these planets. There are hardly a few planets whose resultant intensity is equivalent to that of the critical certain stage and there are certainly no planets in our Solar system whose resultant intensity is above that of the critical certain stage and therefore for those persons in the no man's land and beyond, these planets seem to have no effect on them because such beings like rockets are free from the gravitational pull of the flow of life and also free from the pull of the planets in the solar system but are in bondage beyond and so are affected by other Stars or Suns or Solar Systems just beyond our Solar System and these Stars and Suns have range of intensity upto two wisdom units plus or minus and upwards. Thus we shall find that there are Stars and Suns with all kinds of intensity in creation.

The difference between our planets and these Stars and Suns and Solar systems outside our Solar system is that such stars and Suns sweep enormous distances and recur at enormous intervals and predestination is in a few instances only and that too because such persons deliberately work out and create their own destiny.

To be more precise and to summarise what we have said:

1. Most of our planets are below half plus or minus wisdom units of resultant intensity and have a certain mini-maximum range.
2. persons below that critical certain stage fall within a mini-maximum range that is equivalent to below half plus or minus wisdom units.
3. The law of harmony or numbers therefore bring about a certain interplay between these planets and between these people on our earth.
4. The planets singly and in conjunction have many and combination of effects resulting in various actions and reactions in the person below the critical certain stage.
5. There being absolute chaos within an average person and in the absence of any method or technique of internal discipline, it amounts to feeding certain data in a computer and getting a present result any time.
6. An average person has not reached a stage where of his own free will and choice would like to create certain unpleasant conditions, to fulfill some minor or major past minus resultant intensity, i.e. causes left over in the past awaiting fulfillment.
7. In such a case it is therefore, left to God or Nature or Natural laws to see that these are imposed.
8. This, therefore, means that predestination has to be in the case of persons below that critical certain stage and less and less applicable till the person crosses over the no man's land. After that the consciously self evolving human being, has evolved sufficiently to take care of himself or herself. Free will as ever, is possible in all matters big and small but used wisely and judiciously and consciously as far as this earth is concerned.
9. It is therefore not true that (i) all human beings are machines and that there is no free will but only predestination. (ii) it is not true that those not above a certain stage cannot come up to that stage to be free from bondage (iii) it is also not true that once free from the Earth or human limitation there is no further limitation in varying grades (iv) It is true that like truth, which is relative or varying and depends on the enlightened or otherwise state of a person, the exercise of free will be relative or in direct proportion to the rate of resultant intensity.

Make a chart of all the known planets in our solar system. Then try to imagine these planets going round in their orbits with you sitting on top of this planet Earth, then visualise and see the same movement from a point away and below our solar system and see our solar system also recede away and then try to visualise and see from a point away

and above our solar system and see our solar system also approach nearer. Repeat for many, many days and then try to put on paper in words or pictures whatever you see.

## CHAPTER - VIII

### CELESTIAL INFLUENCE OR INTENSITIES OF CELESTIAL BODIES

“The ignorant think of me, who as the unmanifested spirit, As if I were really in human form. They do not understand that My supreme Nature is changeless and most excellent.”

#### **Geeta.**

The following are the planets of our solar system with their approximate size and distances from the sun, Refer Chart VI. Normally the Moon should not be considered as an independent planet by itself but as satellite of the Earth. However, as the Moon is very close to the Earth it has therefore visible influence and we can consider it by itself. Actually the Sun and Moon are called luminaries because they shine and throw light. Other planets have moons also and Jupiter is said to be a miniature solar system complete. In each case where a planet has a moon or moons we should consider as one single influence with that particular planet and not separate; though these moons do have a considerable influence on the planet concerned; but in relation to our Earth and the distance, it is a joint reaction or influence.

Our Earth is not considered for celestial influence but the North and South shadows, i.e. North and South magnetic fields are considered for certain effects. We can safely say that these are the so far known planet influences in our Solar System and known to orthodox astrology. The group of asteroids are not taken into account also.

Out and beyond our solar system and about twenty light years away is the double star or binary star, Sirius. Out of this double star one is bright and the other is dark. The bright is bigger and twenty five times as bright as our Sun and two and half times the mass of the Sun. The dark one is smaller and is composed of matter nearly 50,000 (fifty thousand) times heavier than water and five-sixth of the mass of the Sun though only 24,000 miles in diameter. We consider that the effects of these two is potent and cannot be left out for the final calculations. It is around Sirius binary star that our Sun with its planets is going round in about 25,000 years forming the circle of the greater zodiac.

Between fifty to seventy light years distance, out and beyond our Solar system is the first group of five important stars each about hundred to two hundred times brighter than our Sun and have definite influence. The different intensities are shown in Chart VII.

Between seventy to two hundred light years distance out and beyond our Solar system is the second group of seven important stars, each about two hundred to five hundred times brighter than our Sun and have very real influence.

Between two hundred to five hundred light years distance, out and beyond our solar system is the third group of six important stars each thousands of times brighter than our Sun and have definite influence. “The giant Canopus for example is about one hundred thousand times brighter than our Sun.”

We therefore feel that unless the effects of these nineteen additional stars or suns within our galaxy is not included, astrology as practiced is not proper and the calculations though seemingly correct, without further taking into account these nineteen, should give us an inaccurate picture.

These thirty one bodies (including the North and South shadows) have each a certain resultant intensity having its own maximum and minimum. Due to this resultant intensity, they have the peculiar contents and as per this resultant intensity they will evolve !!

If we take a figure 500 and add 200 if both are positive the total resultant intensity is 700. If to this we add 600 the final resultant is + 100 only – whenever we say influence it means the final sum total of all the influence or all the resultant intensities plus and minus that which increases is plus and positive or good and that which decreases is minus, negative and bad. Each resultant intensity has some inherent qualities, colour texture, speed, disease, metals, chemicals etc. each human being is likewise.

The resultant intensities of persons with coinciding maximum minimum range, reach the planet or the star concerned and returns back to Earth. These thirty one bodies between them cover a wide range. This indicates either (1) the state of affairs prevalent in a person (2) with which celestial body the person has affinity at a given moment. Of these, fourteen are major resultant intensity type and besides these the remaining are for ordinary mass people.

Those beyond the Sirius binary we denote by simple alphabets and with minus and plus signs for resultant intensity. Let us take the plus stars from the three groups beyond Sirius. In the first group let us call this group as first group there is one positive or plus star i.e. first or nearest in that group. One negative or minus star i.e. fourth in distance and remaining three are neutrals in the sense that they give their intensity the colour or the plus or minus effect of the other predominant star or group; of planets, much like the moving centre which joins the stronger side whether plus or minus.

In the second group there are three positive or plus stars, three negative or minus stars, and one neutral star; i.e. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> are plus, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> are minus and 7<sup>th</sup> as neutral.

In the third group there are two positive or plus stars and two negative or minus star and one neutral i.e. 1<sup>st</sup> and last plus and 2<sup>nd</sup> and 3<sup>rd</sup> are minus and 4<sup>th</sup> as neutral.

Now let us first give reference to all the positive stars of all the three groups. In all they are six, so let us name them as A, B, C, D, E, F and there are six minus and let us name them H, I, J, K, L, M and there are in all five neutrals and we can name them as V, W, X, Y and Z.

The binary bright star Sirius of which the positive or plus is G. The binary dark star Sirius of which the negative or minus is N. Therefore the seven positives are A, B, C, D, E, F, G and the 7<sup>th</sup> negative are vis. H, I, J, K, L, M, N, including both the parts of the binary star Sirius positive and negative.

We can further classify as under –

The seven very high plus resultant intensities in relation human centres:

1 + very high intellectual plus moving	=	A
2 + very high emotional plus moving	=	B
3 + very high sex plus moving	=	C
4 + very high intellectual plus emotional	=	D
5 + very high intellectual plus sex	=	E
6 + very high emotional plus sex	=	F
7 + very high intellectual plus emotional plus sex and plus moving	=	G

The seven other very high minus resultant intensities in relation to human centres:

8 minus very high intellectual plus minus moving	=	H
9 minus very high emotional plus minus moving	=	I
10 minus very high sex plus minus moving	=	J
11 minus very high intellectual plus minus emotional	=	K
12 minus very high intellectual plus minus sex	=	L
13 minus very high emotional plus minus sex	=	M
14 minus very high intellectual plus minus emotional plus minus sex plus minus moving	=	N

With all respects to science let us not implicitly believe all that our astronomers have to say regarding our planets and stars, not that we wish to say anything else to form new theories but for the simple reason that our observations through telescopes of these celestial bodies is restrained for the simple reason that Nature's distorting outer space and others and other rays give the human eye of times completely wrong pictures!! Nevertheless, much good work has been done, only that it is not enough to be depend. The planets including our Earth let us know them briefly.

(1) Earth : It is almost round, slightly flattened at the poles. The distance from Pole to Pole is 7,900 miles as a straight line. The diameter at the equator is 7927. It is surrounded by atmosphere containing many gases and is an envelope extending 500 miles all round up to seven miles is the region of the winds and clouds. Beyond this is

Stratosphere. Atmosphere acts as blanket and an absorbing medium and refracting medium. The Earth's interior is as little known as the Earth's atmosphere or the Earth's oceans. How little then we could know the other planets and stars. The Earth's average density is 5-1/2 times that of water. The Earth revolves in its orbit round the sun at an average speed of 18-1/2 miles per second. This orbit is not round. Our earth is 93 million miles away from the sun.

(2) Moon : It revolves round the earth in practically a circle or a circular orbit. The diameter of the moon is 2160 miles. The month is of 29-1/2 days. Its volume is 1/50 that of Earth. The average density of moon is lighter than that of the Earth. There is no atmosphere on Moon. The Moon is supposed to give us reflected Sunlight in the form of Moonlight and our tides and besides has other influences not registered.

(3) Mercury : It is 36 million miles away from sun. Its diameter is 3000 miles. Its average density is 3.7 times that of water and takes 58 days to go round once in its orbit. Its speed is faster than that of Earth and is 24 miles a second. Its orbit like that of Earth is an ellipse. It has no atmosphere like the Moon.

(4) Venus : It is about 67 million miles away from the sun. Its diameter is 7580 miles and its average density is 5.2 times that of water and is very much the size and density of our Earth. It takes 225 days to go round once in its orbit and the speed is faster than that of earth and is 22 miles a second. It is presumed that like earth it has atmosphere. The atmosphere is heavily laden and proper observation is not yet possible.

(5) Mars : It is 141 million miles away from the Sun. Its diameter is 4220 miles and its average density 3.9 that of water and takes 1.88 earth years to go round in its orbit round the sun and the speed is slower than that of earth and is 15 miles per second. It has a little atmosphere and its day is equal to that of Earth. It also shows the North and South polar white caps and with the other factors attendant its physical conditions could resemble that of our Earth. Though the atmosphere is feared to be very rare. It has two moons one of which rises in the west and sets in the east and both the moons are small. Mars gave us our celestial mechanic and Kepler's great laws.

(6) Jupiter : It is about 483 million miles away from the Sun. Its diameter like the Earth is 82800 miles from pole to pole; but 88700 at the equator. Its average density is 1.3 times that of water and it takes 11.86 Earth years to go round the sun in its orbit. Its speed is much less and is only 8 miles per second. In size it is the largest planet. It has many moons and in fact it is miniature Solar System. It is suspected to have an atmosphere of its own type.

(7) Saturn : It is about 880 million miles away from the Sun. Its diameter like that of Earth is 67200 miles from pole to pole and 75100 at the equator. Its density is lighter than that of water being only .7. It takes 29.46 earth years to go round the Sun and its speed is even lesser than that of Jupiter being only 6-1/2 miles per second. It has a complicated ring structure and is attributed to some celestial catastrophe. It has like

Jupiter nine moons the largest being larger than Mercury. It is suspected to have tis own type atmosphere.

(8) Uranus : It is about 1780 million miles away from the Sun. Its diameter is 30900. Its average density is 1.4 times that of water. It takes 84.02 Earth years to go round the Sun. Its speed is still more slow being only 4 miles per second. It has its own type atmosphere. The moons of Uranus have perpendicular ortital planes.

(9) Neptune : It is about 2790 million miles away from the Sun. Its diameter is 33000 miles and its average density is 1.3 times that of water and takes about 164.79 Earth years to go round the Sun at the slow speed of 3-1/2 miles per second as compared to the other planets. It is very much like the planet Uranus and has its own peculiar atmosphere. It has like our Earth one Single moon but revolves in retrograde motion.

(10) Pluto : It is the farthest planet in the Solar system. It is 3680 million miles away. Its diameter is only 2000 miles and therefore a very very small object in the sky. Its density is not yet known. It takes 249.2 Earth years to go round the Sun. Its speed is the slowest being only three miles per second.

## CHAPTER - IX

### THE 14 MAIN TYPES OF RESULTANT INTENSITIES

“Holy light! Illuminate the way that we may Gather the good we planted. Are not our deeds known to you? Do not let us grow crooked, we that kneel and pray.”

#### **Eesha Upanishad.**

The seven important high plus resultant intensities are:

1 + very high intellectual plus moving intensity	=	A
2 + very high emotional plus moving intensity	=	B
3 + very high sex plus moving intensity	=	C
4 + very high intellectual plus emotional intensity	=	D
5 + very high intellectual plus sex intensity	=	E
6 + very high emotional plus sex intensity	=	F
7 + very high intellectual plus emotional plus sex and plus moving intensities	=	G

These are the important types and the first three are pure types. Pure not in the sense of clean or holy but pure in as much as they are unmixed types. The plus resultant intensity can be equivalent to two or four plus wisdom units.

The seven other important high minus intensities are :

8 minus very high intellectual plus minus moving intensity	=	H
9 minus very high emotional plus minus moving intensity	=	I
10 minus very high sex plus minus moving intensity	=	J
11 minus very high intellectual plus minus emotional intensity	=	K
12 minus very high intellectual plus minus sex intensity	=	L
13 minus very high emotional plus minus sex intensity	=	M
14 minus very high intellectual, minus emotional, minus sex and minus moving intensities	=	N

The minus resultant intensity can be equivalent to two to four minus wisdom units.

From the foregoing and in relation to the previous chapter we note the fourteen most powerful types of human beings with very high plus or minus intensities and are ruled by the fourteen positive and negative stars besides our planets and luminaries. These fourteen govern the most powerful fourteen types of people on Earth. Our Sun with his family of planets also revolves round a central point just as all planets including our earth revolve round our Sun and like the Earth complete one complete round in about 25000 years and so is in each house of the greater circle or sodiac for about 2108 years. Our Earth completes the round in 365-1/4 days and we have our twelve months or the

smaller circle or sodiac. Our sun with all the planets revolves round star Sirius which for our Solar System is the central point. This central point is composed of two stars or binary vis. The bright and dark or the very high positive and the very high negative as we have noted earlier. It therefore follows that all that exist in the Solar system cannot be free from bright and dark days, the positive or good and negative or bad influences basically. Our Earth is neutral but some of the planets are positive and negative in which case the influence varies from higher positive to lesser negative and from higher negative to lesser positive. Our Earth though neutral has an intense magnetic and electrically charged north and south zones known as shadows of the Earth. These zones have minus 25000 to plus 25000 resultant intensity equivalent force. The other planets have their respective resultant intensity as under :

1 and 2:	<u>Earth</u> Neutral but the areas of extreme magnitude south and north magnetic fields or shadows we denote by + ES and – ES	+	25000	-	25000
3 :	<u>Moon</u>	+	35000	to -	40000
4 : +	<u>Mercury</u>	+	50000		
5 : -	<u>Venus</u>			-	50000
6 :	<u>Mars</u>	+	75000	to -	75000
7 : +	<u>Jupiter</u>	+	100000		
8 : -	<u>Saturn</u> (mostly educative)			-	100000
9 : +	<u>Uranus</u>	+	75000		
10 : -	<u>Neptune</u>			-	75000
11 :	<u>Pluto</u>	-	10000	to -	10000
12 : +	<u>Sun</u> + half wisdom unit				

90% to 95% of humanity having their intensities within this range are therefore firmly governed and affected by these planets and react to these planets. Hardly or some times the influences of the other 19 stars come in and then we witness the ruling qualities as these are the ruling types who mould the history, civilisation, culture, religion, bring about misery, wars, destruction, peace, chaos, scientific progress or dictatorship by help of science etc. etc. We shall describe briefly these fourteen important types; the five being neutral we shall only give their intensities. Then we shall also examine the intensities of the planets including the luminaries Sun and Moon who rule the average common masses of people everywhere.

I. (A) : The Intellectual and moving are at high plus between half to one wisdom unit each and the emotional, sex a few thousand each only i.e. the intellectual and moving is 150,000,000 each which is one wisdom unit and therefore such half to one unit and it amounts to practically inhibiting the other centres. The man is intellectually obsessed. He has immense ego, can be easily insulted or befriended by praise, has no mind for small things, yet sometimes shows unnecessary attention to trifles. Prone to be very eccentric. Is a genius but purely intellectual and literary. Could be a great mathematician, astronomer, biologist, research student of the atom and a fine linguist and scholar having command over many languages. The poor development of emotional centre deprives the person of real warmth of gratitude. The poor development of sex centre closes the higher minds and makes the person highly practical or materialistic with a sceptical approach to God, Soul and such subjects.

2. (B) : The emotional centre and the moving are at high plus half to one wisdom units each and the sex at a low few thousand and the intellectual a few thousand more. Highly emotional and fanatics in any walk of life who think they are always right and sincerely mean it. To whatever field attached all emotional vigour is put behind. Such people could be dangerous also because they tolerate or brook no opposition, though basically good and well meaning. Great social workers, religious leaders. The Sex Centre not being high, the higher minds are not brought in to bear on the pressing problems but whatever appeals most is considered right, selfless and do not exploit situations for their own well being. Appear heartless in their dealings at times and over tender at other times.

3. (C) : The sex centre and moving are at high plus between half to one wisdom units each and the emotional and intellectual at a low few thousand each only. A student of medicine who grasps more by intuition within, than by laborious methods though quite intelligent and who is engrossed in great research on biology and sex functions and test tube babies. A genius in the field of medicine and biology. The intellectual though in comparison to sex centre seems low but is quite satisfactory. The emotional being low, the man is not warm and can be acentric. Could be impractical in life rather absent minded but adapt in many other branches of science. Could of times be Dr. Jekle and Mr. Hyde.

4. (D) : This is a fine combination. The genius plus the artist unlike the preceeding unmixed types which are really undesirable because could be fanstics or eccentrics due to one sided development. However these are the people who give the world something new in every field. The emotional and intellectual centres are each half to one wisdom plus unit and the moving is a plus few thousands and the sex is a few plus thousands more. These people have their ownrhythm very pleasing and fascinating. The great sculptors, painters, musicians, poets and writers of great genius, the artists, the decorators, the publicity people with extremely new ideas, the fashion creation artists, all claesic and not the counterfeit type such below though with the same combination of centres but much lower intensities. The philosophers and theologicians but not the arm-

chair class. They are not impractical and misfits in the world of common persons and earn big dividends in whatever fields they engage themselves.

5. (E) : This is another rare combination which does not fail to leave behind a permanent mark of greatness. Intellectual centre is brought to the sex centre and the sex centre is sublimated and sex as sex is not known. Sex as sex is wholly absent and is the pure creative genius especially in architecture. The Taj Mahal at Agra (India), the famous Cathedrals, Mosques and Temples and huge sculptures in rock like the Pyramids and Sphinx. The modern bridges and dams across rivers and underground tunnels and canals like the Suez and the Panama. All wonderful work both modern and ancient. The intellectual and sex are each half to one plus wisdom unit and moving a few thousand plus and emotional a few thousand plus more. Not cold, but indifferent and not aloof but by themselves occupied by their own thoughts !

6. (F) : This is a combination of the atom and the hydrogen bomb but because in no centre of the four centres is the intensity high minus, the danger is not great otherwise it would be devastating as later on we shall examine. The sex and emotional have each half to one wisdom unit each and moving is a few thousand plus but the intellectual is a few thousands more but minus. These people shake the world to its centre. All world conquerors, founders of empires and dynasties, pioneers and travellers and voyagers like Columbus and Dr. Livingstone conquerors of the class of Caesar, Napoleon, Alexander. Founders like William-I and men like Drake, Sir Walter Raleigh. Could be deeply religious and if the intellectual is not minus; could produce men like Martin Luther if the energies are not tinged by a little minus of the intellectual centre.

7 (G) : These lives are fine lives and do great honour to mankind. The resultant intensities are over four plus wisdom units. They are not in 5:2:2:1 ratio and they are our saints or sants. These people are able to function on the molecular plane and to a certain extent on the electronic plane. These are the advanced sons of humanity who fill up quickly day by day the fifth kingdom in Nature and who are immersed in prayer and are in God intoxicated state and are in possession of great powers. They follow no more any rigorous breathing exercises or strenuous aescna. They have earned free will in all matters and free will is safe in their hands. Here the only imperfection hard and finally proceed to the next high stage.

7 (G) (a) : These people are able to freely function on the molecular plane and to a great extent on the electronic plane. Their molecular bodies are completely formed and their electronic bodies are also formed. Their mind-III is fully formed and mind-IV is also fully functioning. They can transcend many of the physical laws. However, it is enjoined by God and Nature that should the wisdom units be four and above, it should be in 5:2:2:1 ratio only and till such time this ratio is not achieved it is a draw back and the final prophet stage is not possible for them. Perfection inward and outward and balance and rhythm are prerequisites. Some long cycles of return of past minus resultant intensity left over of fulfillment, brings over some left over diseases and pain into their lives; of course in their present advanced stage they welcome it and do not feel the pain arising from it. Such sons and daughters of humanity are rare and work quietly all over the

world in every country and are born in all ages and are aware of each other. They are also called Masters. The wisdom units are as high as eight to ten.

7 (G) (b) : These are still greater lives and perhaps the highest stage in which man can function on this earth in this physical body and the wisdom units are in the ratio 5:2:2:1 and are as high as thirty-five to forty-eight plus wisdom units. Such are the prophets or God incarnate. They can function on physical, cellular-molecular; molecular, and electronic planes freely. They can also function simultaneously and make use brain and mind sections-I, II, III and IV simultaneously. They can transcend the physical laws and also the laws of the solar system and whenever they operate the laws prevalent in inter-solar-planes, we on earth are amazed and interpret their functioning as miracles. They are able to exercise all laws of the electronic plane and make these laws precipitate results on results on the physical plane and can precipitate much faster i.e. give faster results because of the inherent immense speed of the electronic plane.

They create their own circumstances and fulfill but do so as if they accept a destiny over which they have no this earth. Such persons be truly called Earth's representatives in inter-planetary and inter-solar fields and such rare specimens other worlds also do produce !

The magnificence and knowledge and wisdom attendant and the powers of the laws operative are far transcendent; and to arrive at this stage it is Wellworth any discipline.

The first six types have a total of one to two wisdom units and are persons who stand on the brink of that critical certain stage and some have one foot stretched in the no man's land. These are the great ones who make our history, our literature, our science, our architecture, our geography and would our thoughts in a thousand and one man and except for the very few who are across and on the other side of the no man's land appear to us as Titans. They ..... as children of destiny and seem to be born for great events and have great personality and hypnotic effects.

But, as they have not yet crossed the no man's land as yet they have not the balanced wisdom units all such great men are actually small men !! They do not or are not able to use their free will on all occasions for good or otherwise, though seemingly they parade on the stage of our world as if they are masters of their destiny. But actually they make fatal mistakes and take fatal decisions which undo ..... In the end. They forget oft times that they have not cross the no man's land and when they forget this, that they turn away from their mission and we see the end of great lives when minus intensity makes an entry. The seventh is a graded stage of candidate master, master and the prophet stage.

Now we consider the seven high minus resultant intensities.

8 (H) : This is exactly opposite of 1(A). A great master criminal mind that believes in quick thinking and quick moving. Suffering from immense ego which is very

..... Because highly intelligent, and thinks has good reasons to have a grudge against his nation or his nation's head of government or against a great industrial combine and will put in immense energy and will make very quick movement from place to place in order to enlist help or support to opinion to cross the path of his adversary. Never noble in defeat and ever more ignoble in triumph! His ego, unbent pride, worship of self opinion are the main weakness from which arise many other weaknesses like torturing his rival and adversaries. A dangerous enemy and an unreliable friend. The Intellectual and moving each half to one minus wisdom units, the emotional a few thousand minus and the sex a few minus thousands more.

9 (I) : This is exactly opposite of 2(B). The emotional and the moving are high minus half to one wisdom units each and the sex at a low few thousand minus and the intellectual a few thousand minus more. Highly emotional and fanatics, great peraecutionists and those whose motto is "revenge" is mine". All religious persecutions are directly due to such people all over the world. Not the least truly religious themselves but they take animal delight in persecution; even political persecution where it is equally true that they be no more patriotic themselves but their fierce natures give them the opportunity in life.

10 (J) : This is exactly opposite of 3 (C). The sex centre and the moving is at high minus between half to one wisdom unit and the emotional at a low few thousand and the intellectual a few thousand more. These are horrible people. They trade in sex and debase the young boys and girls and take them to the wrong path. They do immense damage all over the world. Never are satisfied in their baser sex instincts and stop at nothing. What they are capable and what they do, it is not possible to describe in a book.

11 (K) : This is exactly opposite of 4 (D). This is a fearful combination. The genius plus the beast! The minus wisdom unit and the moving is a few thousand minus and the sex is a few thousands more minus. Lower types of emotion added to ego, unbending pride, worship of self opinion, and we get a dreadful personality, but perhaps for reasons best known to God and Nature such people are allowed to work devastation on man kind to fulfill mass resultant intensities of people and nations. They have criminal tendencies, are master international crooks. They subdue other people and make them carry out their sinister plans for self glorification. They exploit national and international situations.

12 (L) : This is exactly opposite of 5 (E). These are pure criminals of all types and very intelligent and often belong to faculties like the medical, the scientist etc. The intellectual and sex centres are each half to one minus wisdom units and the moving is a few thousand minus and the emotional is a few thousand more. Murder and sex mentally is more common to them than is eating and sleeping to ordinary men. They have no scruples. (The reader must note always that we use these words only to describe.)

13 (M) : This is exactly opposite of 6 (F). This is a terrible combination. We have those who deal in narcotics, tranquilizers, opium, illegal distillation, circulation of sex and emotional nude pictures or production and printing of nude pictures, printing and

circulation of all subversive activities which undermine the goodness of man and his moral fibre. Sex and emotions are introduced through dance and music which away the lower wild passions of men and women, especially the young who are in the age of puberty (or teenagers) and we say that today this is spreading like wild fire in all countries. It is the combination of the atom and hydrogen bomb and can destroy utterly but like the atom if harnessed (as atoms for peace) we would use in the golden age. This is the golden opportunity of our age for all the nations of the world today. The whole world is under this combination and should understand the opportunity and instead of going down under its pressure and becoming slaves can be real supermen and women. The emotional and sex are each half to one minus wisdom unit, the moving is a few thousand minus and the intellectual a few thousand more.

14 (N) : This is exactly the opposite of 7 (G), (a) and (b) in varying grades. This is the combination that is terrific. The total minus wisdom units are over two minus wisdom units and all the four centres are very active. The meanest, basest, moral cowards; and if history be true, then we have the Gestapo Chiefs, Aurangzeb who did not hesitate to act as he felt best against his father and his own brothers towards others. Reckless peoples like Hitler and Mussolini, dreadful people like Atila the Hun, Plotters of Pearl Harbour Rulers of most countries who were debaucherous like Henry VI and Louis XIV of France. King John of England and his treatment of Prince Arthur and such hordes of lives up and down to ladder in every age and nation. If these people can have the combination a plus, they would be the pride of woman specimen. They cannot even by mistake do good. Very selfish and heart less and nothing is too much for them to fulfill their ends. The only redeeming feature is their cowardice, otherwise they would do much greater evil !! They pretend to lead a religious life and hide behind this mask many awful characteristics. They have great magnetic and hypnotic powers.

The remaining five neutrals have the natural resultant maximum-minimum intensity of their own but like of glass take the colour that is visible; or more like the ..... centre that finally adds to the final score and makes it more minus or more plus. Their intensities and tendencies to influence centres is also shown; as these are neutrals, then their intensities are shown as from minus to plus, minimum maximum.

V	±	half to one wisdom unit	intellectual and moving
W	±	up to half to one wisdom unit	emotional and moving
X	±	between half to one wisdom unit	sex and emotional
Y	±	between one to one and half Wisdom units	sex and moving
Z	±	up to one and half wisdom units	intellectual and moving

From this we find that :

- I 1a and 8H are equal and opposite from group a.
- II 2b and 9I are equal and opposite from group b.
- III 3c and 10J are equal and opposite from group b.
- IV 4d and 11K are equal and opposite from group b.



“ Could a hundred thousand suns blaze forth together it would be cut a faint reflection of the radiance of the Lord-God.”

“O! almighty God ! I see in Thee the powers of Nature, the various creatures of the world, the prognitor on his lotus throne, the sages and the shining angels.”

“I see Thee infinite in form, with as it were faces, eyes and limbs everywhere; no beginning, no middle, no end; O Thou Lord of the Universe, whose form is Universal !”

But what is the use of discussing all this for it could be treated by the present undeveloped race of man as so much fiction. Man, wise that he is; and as he thinks he is; needs to unlearn all that he knows and like a child should begin his studies once again the proper way to learn whatever Mighty Nature and God has to teach him. But we leave this Chapter at that and go over to other thoughts in the next chapter.

Take this thought for serious thinking, “What other conscious forms could there be in creation? Of the total number of forms on earth there is no counting, Surely Nature is not so bankrupt in the mighty space around.”

## CHAPTER - X

### WHAT HAPPENS TO THE RESULTANT INTENSITY FINALLY OR THE RHYTHM OF REINCARNATION

“That space is full of force which are unknown to us, and that living beings emit radiations or effluria of which we are not aware ..... are facts that I have long since accepted.”

**Prof. Arsane D’arsonval**

“Today, modern science knows that everything – even a cabbage – both receive and gives off waves of resultant energy and so it would be far more fantastic to disregard this observable phenomena in our study of mental influences than to accept the magnetic fluid theory of mesmer.”

**Rolf Alexander**

We have seen earlier that the resultant intensity could be either high or low plus or zero or high or low minus resultant intensity. If the resultant intensity is zero we have the person on another critical stage which is very different from that Critical Certain Stage. We have a person poised precariously for taking the left hand or the right hand path. This is the state when a person is most impressionable. This is the state in which a person comes after much self efforts. He has brought his minus resultant intensity to zero which shows a trend towards God, Religion, Philosophy, Urge for the Mystical and has a mind towards prayer. Such a man is the reader mostly of this book or such other books. So we would in the interest of our readers say that whatever we have state or should state further please accept very carefully. We have also to request the reader to exercise great care in accepting other opinions, school, teachers and all “isms”. This is a delicate critical stage at which a person may once again accumulate minus resultant intensity and nullify and the previous hard work of bringing the minus resultant intensity to zero.

Now to come to our subject. What happens to the resultant intensity at the time of death? Also what happens to hundreds of thousands of patterns? If it is so far proved that Nature destroys nothing; but by Her great law of economy changes one from of energy into another only and so what can except of this accumulation of resultant intensity and resultant patterns?

The resultant minus or plus intensity is either equal to some units or fraction of one wisdom unit and yet maintaining the ratio and balance between the five centres. On the other hand, it may be only intellectual or emotional or moving or minus or plus intensity without the needed ratio between the .....

Whatever it is, whether plus or minus, this intensity in energy. As energy, it cannot be destroyed and so it must ..... form or re-appear again some wherein

some form or it may be projected somewhere on our planet and in some form away from our planet or may be projected to some distant planet and come back. If it remains on earth it must remain in some form or another.

Lord Shri Krishna said, “There was never a time when I was not, nor thou, (O Arujuna) nor these princes were not! There will never be a time when we shall cease to be.” “As the soul experiences, in this body, infancy, youth and old age, so finally it passes into another. The wise have no delusion about this.” “Those external relation that come and go; they are not permanent; the hero whose soul is unmoved by circumstances, who accepts pleasure and pain with equanimity, only he is fit for immortality.” “The spirit which pervades all that we see, is imperishable. The material bodies which this Eternal, Indestructible, Immeasurable spirit inhabits are all finite. “I have been born again and again, from time to time; thou too, O Arjuna! My births are known to me, but thou knowest not thine’.

In the same way the hundreds of thousands of patterns are also very minute energy units; 10,38,800 is the smallest possible unit in a normal man. These patterns according to the state of resultant intensity is either a fraction of the wisdom unit or intellectual, emotional, moving or sex energy. Energy cannot be destroyed and the same process holds good as in case of resultant intensity viz. that this energy if it should remain on earth must change its form or may be projected or after being projected may be called back. In the meanwhile what does happen to the body? It returns to its elements. Can in the same way the resultant intensity and the resultant thought patterns be said to return to their elements? What are their elements? We have seen earlier that the planets of the solar system, sun, or moon and other suns in our galaxy have a certain minus or plus inherent resultant intensity and have a range maximum – minimum for such resultant intensity whether minus or plus.

How in comparison to the life of the man these suns and planets have a very long duration and they can be considered as both the source and recipients of those minus or plus resultant intensity. We, therefore, expect that the resultant intensity and the resultant patterns, both together go to their respective sources. Always the resultant plus or minus intensity is the same as the resultant patterns, and hence both go together.

The patterns keep on revolving at a particular rate within a certain range and differ a little in their rate of vibration from the resultant intensity. Once outside the body of the individual and once free from restricting influence of cohesion and adhesion of matter, they spread out a little. This is what is called the desire body of the individual. The resultant patterns can function on the cellular – molecular plane on the other hand, the resultant minus or plus intensity is a speck or dot before and up to zero resultant intensity. Over the zero it gains in size. High plus intensity of any type magnified this speck or dot and over half wisdom unit intensity reaches very big proportions. This is known as the mental body, which is not a very correct description but it actually is the wisdom body of the individual which can function on the electronic plane.

We have seen earlier that the high minus resultant intensity also has a personality and power of its own but even though the minus resultant intensity be as high as one or two wisdom units it will have no wisdom body because the wisdom body remains a speck or dot up to zero and over zero begins to increase in size, and therefore is not able to function on the electronic plane but is only able to function on the cellular – molecular or molecular planes along with the resultant pattern.

Now all the while it is possible to locate, trace or find out by various methods both scientific and otherwise that even planet and sun and moon or star sends out rays not necessarily known as light but magnetic, radioactive cosmic or others. What are these rays if not the receiving and sending forth of these resultant intensity and resultant patterns back to earth i.e. maintaining a harmonious and inter-dependent traffic between all the planets, moon and suns and stars in our solar system and in all the galaxy :

There is ratio dependent on :

1. The distance of the planet, sun, star or moon from the earth;
2. Its speed of rotation on its own axis;
3. Its speed of its revolutions round its centre point
4. Its mass (and family);
5. Its own resultant plus or minus resultant intensity

Based on this particular formula known only to the Masters and those ahead of the Masters we can arrive at the calculations of the period of cycles i.e. the time required for released resultant intensity and resultant patterns to go and return back to earth.

Dependent on these cycles, which can be short or long, is the time required for the resultant plus or minus intensity of the individual to reach the respective sun, moon, star or planet and return back to earth. When the resultant intensity together with the resultant patterns of the individual returns to earth it gathers the necessary earth or physical elements to function once again on this planet. The fluid of life can we say also ..... turn to earth? This would be a very incorrect statement to make.

The fluid of life is everywhere in all creation and is not only peculiar to earth but greatly varying for each planet or sun in intensity; basically remains the same as one great ocean in all creation. Whenever the resultant intensity along with resultant patterns return to earth and gather the necessary earth or physical elements the life fluid soaks in, because for hundreds of miles around each planet or sun or moon or star, is very potent and in between in space it is very calm.

The essence gross or fine of each individual at the time of so-called death returns to the respective Centre Point of ..... Volutions of the planet or Sun or Moon concerned. In the case our solar system it is the Sun. Each of these i.e. moon, planets, sun, stars, follow fixed and immutable laws; and so also the resultant intensity and patterns of each individual and so also the gross or fine essence which are together at the time of birth and death.

When any two of the three factors are missing, there is no life or movement as life. (1) Resultant Intensity (1a) Result Patterns, (2) Life (3) Gross or fine Essence.

Life and essence have their own intensity also! From this we see that the meaning of Heaven, Judgment, Hell and various Lokas i.e. states or planes will take a different meaning. Where all the three i.e. (1) Resultant Intensity and resultant pattern (2) Life and (3) Gross or Fine Essence of the individual are together present inside the earthly or physical elements which forms the shape of the human body (or any other conscious body down and long the line) there is a particular type of consciousness, limitation and pain experienced. Pain especially is registered by earth or physical elements when gross or fine essence along with life enters and drawn the first breath to start the mechanism.

“Whosoever at the time of death thinks only of He and thinking thus leaves the body and goes forth, assuredly he will know He. On whatever sphere of being the mind of a man may be intent at the time .....

“There is a dark and bright path out of the world and they have always existed. Whose takes the bright path returns not; he who chooses the other, returns.”

#### **G E E T A.**

So what does happen to the resultant intensity? No one knows perhaps! Perhaps it all dies with the body and is no more! But it is different from the body. It is distinct from the body. It is composed of a substance rarer and much rarer than air. It is in fact much more important than anything else for it is able by its resultant to influence the ..... Coming coded impulses to translate into decoded thoughts. It is not thinking itself but the medium of influence on thinking.

What will happen to the accumulated, hard earned plus resultant intensity? It is not a part of earthly belonging that one can bequeath to children and depart.

The resultant is cardexed and filed in God's and Nature's wonderful filing and cardexing system. If this is filed somewhere by God and Nature it cannot be filed for all time to ..... for then it would be better to destroy it earlier.

God or Nature's system of filing necessitates therefore reuse of the same; and a reuse of the same can only be made before the person who has accumulated it. If the person who has accumulated it is dead and is no more and who is now to make use it?

Different persons struggle at different levels of intensity and by the time they go through the developing process, and ..... think that it is all over and for all time; is inconceivable.

Now we next go to the thought that the person is dead and is dead and is somewhere in the vast creation either;

1. in a place called ehaven;
2. somewhere in the court of God in all splendour;
3. in a place which is inferior to this place heaven, frightful and called Hell;

Now if a person waits for a long time in any of these places for some day fixed for judgment, well, the most nature thing to happen would be that the thinking i.e., the interplay of the five centres would continue. If this continues perhaps the person will radically change the interplay of centres for better or worse and by the time the day fixed for judgement arrives which normally is far away the net resultant intensity would be different. He thus would have a legitimate cause, for a change in the judgement. Besides, he cannot simply while away time remaining idle. He is perhaps given the same conditions as on earth or better or worse. If this be so he is able to do the same harm or good he could or would do mentally on earth and in that case it would be infinitely better if that person is allowed to continue life on this planet till that day of judgement.

But perhaps for reasons best known to such a God this persons is in a place called heaven, or the court of God or in a place inferior to heaven or hell and here he simply sleeps a dreamless sleep (till the day of judgement. But an eternity of dreamless sleep) after so short a span of life is again unthinkable and is waste that Nature and God can ill afford and seems very unwise too.

But what are we assuming? Who is this person about whom we are talking? Is he not dead? What part of that man exists that we call that person? That part of a person we call the resultant intensity is not, the same as the gross essence and both do not or cannot die with the body on earth. This gross essence cannot be destroyed by anyone, save itself, or God and Nature.

This gross essence was created by God and Nature not to be destroyed because it was created as a self evolving substance with a very great amount of consciousness with a potential of very great growth. This gross essence becomes the subtle or fine essence and comes under the jurisdiction of the Senior Managing Director. This evolving conscious essence, and this resultant intensity in man therefore go on evolving from one stage to another!

It therefore follows that if one body is dead the essence and the resultant intensity seek another body to proceed with the work. It follows therefore that to proceed with the work, they must take many bodies one after the other. This they do obeying but in early stages being forced to obey certain laws. This pre-supposes that every time they take a body the beginning resultant intensity in the same as the resultant intensity ..... passing out of the body on the previous occasion. This therefore also works out that the resultant takes up the same or peculiar to it, the symptoms, circumstances, environment, achievement, growth, emotions, intellect, sex (according to sex control) habits, corrective or non-corrective methods of the previous occasion.

It therefore, would take a body that is possible of this combination from a parent anywhere on this planet of two or more billion human beings. If it has to select this beginning commensurate with the resultant intensity which is the same ..... the previous ending resultant intensity, the question of heredity and unnatural inequality thrust by another power on human beings does not arise for the gross essence and the resultant intensity are constantly evolving. The gross essence is on the way by such many lives to become subtle essence.

If this is so, the whole process of repetitions till the purpose is achieved is free and governed by the proper use of the free will of man. It is also the use of free will of man decides to remain man and machine. If the analysis is not done daily, if the corrective methods are not applied, if the coded impulses are not subjected to the disinfection chamber and if free will is not exercised in the basic functions of eating, breathing, sleep and sex etc. well, neither God nor Nature is able to force their will on such a person for it would mean immediately the denial of free will to man even though it may be in his own interest.

So man is not the machine, and if he is not the machine, no destiny just or unjust is forced on him. Let man honestly openly and jointly or individually affirm and ask God or Nature to take away this prerogative of free will that man is given, God or Nature would immediately take such a man in hand and see that he progresses. This is called resignation to the Divine Will and in fact even though such a person be amidst normal life, it amounts to real renunciation of action. But man thinks he can make believe and resign to Divine Will as long as things do not go well and as long as things (because of the natural pull of the flow of life) go against him he fails, so he thinks God or destiny is against him he fails, so he thinks God or destiny is against him or that Divine Will has asserted or that he has to respect the Divine Will. The best philosophy in life is not to surrender to Divine Will whenever it suits and to say that things have been made possible due to self efforts as and when it suits or when things go as we want.

When the resultant intensity goes beyond the required plus range it cannot according to law return to this planet. This is termed moksha or freedom from the gravitational pull of the flow of life as known on this planet! As long as this resultant intensity is between a certain maximum-minimum the resultant intensity together with resultant patterns as per cycles will return to our planet. This is termed reincarna..... The last departing resultant intensity and the resultant patterns and that of the incoming of the next life are always the same.

When the resultant intensity goes beyond the earth's measure, we have seen that under the law it cannot return. There is freedom, from life and birth as is understood on our plane. The ocean of life is present in all creation and as such there can be no absolute moksha or freedom from the gravitational pull of the flow of life, from life as is known; away from this planet. This point is to be understood well.

We have also noted earlier how a rocket can escape from this planet to be caught or held by another planet, or sun of our solar system or go beyond our solar system to be

caught or held in the next solar system or it might go out and beyond ..... then there are millions of solar systems all around us in our Galaxy and there are millions of other galaxies.

So moksha like the freedom of the rocket is a relative term for the individual. By all means the gradual creeping ..... of the stage of Cosmic Consciousness is far too grand as compared to the self-consciousness of the normal state. When this happens the resultant intensity accumulate the elements of either other planets or sun or stars which may be radically different to the shape and size and texture of a physical human body. It may, therefore, be even replaced by a molecular body and later on, in more advanced states may be replaced by an electronic body. But there is never a sort of "n"-exist..... or merging with the Infinite and no annihilation either as we are used to think so far. There are very many intermediate stages and stages of existence and freedoms or lesser bondage. This point is to be understood well.

Life intensity is varying for each planet or sun or star but basically is one great ocean and is present in all creation and if the resultant intensity and resultant patterns are able to deviate consciously ! (gross or fine) to their source before the return to earth, i.e. the (essence which normally returns to the respective centre point of revolutions concerned) then life peculiar to any planet or sun or star which could be the source of such resultant intensity and resultant patterns could be experienced by the individual!! This is extremely advanced stage of the individual and beyond the four plus wisdom units stage. When this is possible, it is possible to deviate the essence toward any lower form of life; lower than a human being and that particular life is also experienced consciously!! It is incorrect to call such an experience which is consciously experienced as a retrograde movement in consciousness!!

Consciousness, resultant patterns, resultant intensity, gross essence or fine and life in all creation are peculiar and inherent in all matter; The ocean of life is everywhere and in all creation, varying greatly for each planet or sun or star ..... present everywhere and so certain elements are peculiar to certain planets or sun or star and so if the resulting intensity and resultant patterns can consciously deviate essence anywhere can therefore accumulate elements peculiar to that planet, sun star respectively, to take a required body in keeping with that planet, star or sun; and again valuable experience.

This is a very very distant scene and one that is an extremely advanced state and we need not waste our life and time thinking further about it. This happens unconsciously if law demands but in an advanced stage, is done consciously.

Why is the term deviate used? When the plus resultant intensity is a minimum two plus wisdom units it is able to function a little on electronic plane. Essence gross or fine on the other hand is always able to function on the electronic plane and therefore can function on lower planes also. Now as both able to function on the electronic plane, so the plus wisdom units can prevail upon the essence with a view only to gain further and fresh experience, if the essence were willing to devi..... from its course; not for inquisitiveness but for study and progress it is possible. Those are the glamour stages of

Yoga and one can remain for an eternity engaged in this play. These are the various Sidhis or powers described by Sage Patanjali in ..... sutra.

Naturally such movements require very great speed. The speed of light from earth standards is great being 1,86,000 miles per second. The speed of the resultant patterns along with the resultant intensity is 43200000 miles per miles per minute sufficient to escape from this planet but reaches a maximum speed nearly hundred times more, viz. 4320000000 miles per minute depending on the plus or minus intensity. But a point in time comes when plus or minus intensity separates from the resultant intensity and the patterns loose the force of momentum and just drift for some time and spread out more and more and are absorbed in bits or fragments by other resultant patterns and intensity units, at their speed. These patterns have inherent simple mechanical consciousness of the animal kingdom when separate from the resultant intensity. The plus or minus resultant intensity has self-consciousness of the human kingdom. The essence gross or ..... has cosmic consciousness and Life all-prevailing has from cosmic consciousness to super cosmic consciousness to near absolute consciousness but unmanifest spirit has absolute consciousness. This point is to be understood well.

The planets and suns and stars according to their intensity have a consciousness, ranging between simple to super cosmic consciousness. At the infinitely advanced stage of super consciousness, movements take place in the entire galaxy and even beyond. At that stage the speed of light is too slow for being of any use. At that stage even cosmic consciousness becomes a great limitation and so the super-cosmic consciousness functions at the absolute speed of the galaxy and not at the absolute speed of the solar system which is the speed of light; This point is to be understood well. Light takes 60,000 years to cross the diameter of our galaxy a speed slower than that of a bullock cart on earth!

This in our earthly language amounts to being present instantaneously and simultaneously everywhere in our galaxy. This is known as the spirit underlying the whole creation. This is actually spirit manifest only. Even this speed of spirit manifest is slow and is not of much use for the inter-galaxy travel between millions upon millions of galaxies and the super cosmic consciousness state then is a great limitation in its turn, so this state has its own absolute speed and its own super galaxial consciousness and is called “seed manifest” and is beyond the manifest state of spirit and is underlying the whole of creation even underlying the spirit manifest, but beyond this seed manifest is the unmanifested spirit !!

It is true also that in the self consciousness state the number of patterns are maximum, they are much less in the simple conscious state of animals and diminish further again in the cosmic consciousness and super cosmic state and so forth. The small number on one hand is lack of patterns and on the other hand it is the discarding or out-growing which accounts for diminishing number of patterns.

In the lower earlier state it is like the mind of a child with limited patterns that are simple and many complex and crooked patterns have not yet been accumulated as in adult stage. .... the cosmic consciousness stage it is like the child stage the patterns are few and simple, but the complex and the crooked are deliberately laid aside! The rhythmic breathing, the subjecting of all coding and decoding to the disinfection chamber, the use of corrective methods, bring about slowly a two plus wisdom units intensity and slowly take the self conscious across the stages of concentration and meditation with the result that the coding and decoding rate drops very appreciably with the result that the patterns do not accumulate and remain very limited and the stored up patterns are in turn also subjected to the same process and corrected with the result that a great diminishing of the number of patterns take place. Great amount of mental emotional, sex and moving energy is saved and resultant intensity separates from the resultant patterns and the resultant patterns in bits are absorbed by other resultant intensity and resultant patterns on their way to progress.

It is, therefore, not possible to understand for elementary .....  
..... cosmic consciousness to understand what is super cosmic consciousness and for super cosmic consciousness to understand the galactical consciousness and for galactical consciousness to understand the super galactical consciousness, and this in turn the absolute consciousness.

When the lower or more limited consciousness by a continuous process of increasing or progressing consciousness reaches the next stage higher up, there is a sudden blending of the two states of consciousness and none of the normal calculating processes of self-consciousness stage are required or can help like reason etc. and so the blending appears to be very sudden or as in a flash, like lightning between the two clouds, due to the electrical energy of the resultants.

It is, therefore, not possible for any state of consciousness to understand super-galactical consciousness and beyond; directly by any methods known: but the super cosmic state of consciousness by slow progress can reach the next higher state i.e. galactical consciousness. When this happens, the purpose of the creation is understood. When the stage beyond is reached by slow progress, the purpose of the creation is fulfilled.

But what actually happens in between is that during the same duration the elementary consciousness reaches the self-conscious state and the self conscious state reaches the cosmic conscious state and the cosmic conscious state reaches the super cosmic state and so forth in creation.

Though each higher or less limited state is much more wonderful, the gap or gulf becomes infinitely greater and greater with the result that the gap or gulf between galactical and super galactical consciousness is greater still and between absolute consciousness and galactical consciousness is the greatest; even in proportion to the speed of super cosmic consciousness! Like the difference between the speed of an animal drawn carriage and a motor car and between a motor car and a jet plane and an I.C.B.M.

and between an I.C.B.M. and rocket that shoots out, the difference in speed and progress at each stage is comparatively faster and greater.

From this not only it is apparent, but we are convinced that it is no use carrying about destiny. Let us make proper use of the free will given to us to deserve yet more. Let us corrective methods and keep a constant progress. Let us increase consciously the plus resultant intensity. Let us increase the harmony between the inter-play of all the centres and create plus wisdom units and continue the onward march.

There is no need for regrets for it will not help, there is no need for torture or penance for it will not help, there no need for prayer as prayer is known and as it is understood and indulged in for it will not help; Prayer is useful to ..... the plus intensity of the emotional centre and then with it must work the corrective methods for a high plus resultant intensity. This is the best and only use of prayer. The same can be said about japa as is known and as is made use of, for it will not help, no outward agency is willing to help or can help, except in the sense that even in the case of the so-call hard-boiled criminal there are moments of re-education when the Junior Managing Director helps to start all over again in the right direction! The same “grace” is always present to prompt us to take the next step. This is the help from higher outside agencies, but the step we alone must take ourselves. We are also at liberty to spurn that promoting.

Indulgence of thought for a state of Heaven or Hell does not help. Indulgence in the thoughts of Moksha do not help. Indulgence in the thought of being one or merging with the absolute do not help. All such thoughts are noble but they actually amount to noble day-dreams but noble or ignoble or idle day-dreaming is after all day-dreaming and does not help.

We spend years to have elementary knowledge of a language or mathematics and other subjects – we should be all the more determined to spend years in the re-education of ourselves along the right lines shown.

We should not be anxious for the results, we have only the right to work and now it is clear. In context to the great extent of progress possible it is unfruitful to every now and then to see how far we have progressed. In an immense ocean with vast expanse of water around and no other landscape how is it possible to know how much have we voyaged and in what particular direction where our normal compass does not help.

Let us suppose a good average man has travelled may ten miles in the proper direction, a saint may be said in comparison to have travelled 1000 miles in the proper direction, a sage may be said in comparison to have travelled 100,000. A master may be said in comparison to have travelled 1,00,00,000. A master of masters or a Prophet or god Incarnate as we understand, in comparison may be said to have travelled 1,00,00,00,000 comparatively. Yet this distance on the path towards the absolute as covered by a prophet or God Incarnate as we understand, could only mean a light year in comparison to the galaxies upon galaxies of distance. The consciousness as displayed by a prophet or God Incarnate as we understand, could only mean cosmic consciousness and

the super galactical consciousness and the yet beyond state of consciousness on the way to the absolute. The Prophet or the God Incarnate as we understand, could be the sun of our solar system in comparison to an average human being but there are clusters of suns, oceans of sins as in the milky way and galaxies by the millions and the light or intensity of our sun may seem one candle power in comparison; as one candle light is in comparison to the sun.

This is not to say that the Master of masters have not achieved something great; what they have done is wonderful well high unattainable to us it seems today as we are, but the thought remains that more is still to be done, much more; in comparison to what is beyond or in comparison to what has been done. It is too vast, too magnificent a process and narrow minds with mine and thine thoughts need not discuss this subject nor in our intention to hurt their feelings by presenting to them this conception in which the size and the authority of the Master of Masters is shown as far too small.

One day we have to accept this and with conviction too, just as there was a day we gave prominence to our Earth as being in the centre and mighty and all else going round it and today the true size and authority of our earth we know so well! We do not feel defected or insulated at this thought because truth and facts are convincing and we have to accept; if we do not we make a mockery of the absolute!! Though certain minds may so desire to use their free will in not admitting these thoughts today.

It will, therefore, be clear that beyond a certain stage of cosmic consciousness even the Master of Masters have not as yet gone! In the Geeta Lord Krishna speaks, "O Arjuna ! the beginning and the end of things are unknowable, we only see the intervening formations." Beyond the stage of cosmic consciousness it is still more wonderful and far too glorious! These Masters of Masters who are but very very few are seriously on their way. Others have had only glimpses of the cosmic consciousness but have found these glimpses so wonderful and so much different that little wonder they feel that they must have enjoyed the glory of God or darshan or sight and grace of absolute and find it difficult to describe.

On the physical plane, the elements of which the physical body is composed of have certain limitations. The best of human body cannot hold plus resultant intensity equal to 48 plus wisdom units. This is actually the fourth stage of the cosmic consciousness. Beyond this stage if a Master of Masters has progressed even if he should or would consciously wish to live or incarnate for a purpose, in this physical world in a physical body. It would be never never possible and we are more than convinced to dismiss the usual thought that should God want, He can. He cannot violate His own Laws. If He wants to, He can but during the period He is in a physical body on this physical world, He must remain with His powers and consciousness limited to the fourth stage of cosmic consciousness and He will not be able to function as the absolute in a human physical body on this physical earth. Besides, it is childish to expect the absolute to incarnate! We think it is time we gave less importance to ourself or to our planet and stop indulging in such primitive thinking."

It is presumption on our part to think that the absolute incarnates on Earth for the human race! We human beings still think, the absolute has no other responsibility and that we are so great and advanced that nothing less than the absolute must incarnate!! Shall we not at least now, give up this school-boy thoughts and accept that in creation we are too far down the line of evolution and therefore much smaller Entity incarnates to guide us! May we be forgiven if we have hurt anyone's feelings.

If there were one world of beings for every million upon million universes even then there would be more worlds peopled by beings in the entire creation than there are living creatures of all grades on our planet. Of these billions of worlds peopled by beings there are beings far too behind in evolution and there are beings far too advanced and so much advanced as to baffle our imagination.

There is nothing supernatural in all Creation and what ..... us may look as super natural to-day, only obeys other laws up to the fourth stage of cosmic consciousness on our earth.

We know only some of the physical laws and do not even have as a race a ray of cosmic consciousness and hence cannot know cosmic consciousness laws of first to fourth stages. Even beyond, and in the super cosmic consciousness state and even in super galactical consciousness higher laws do exist but they are unoperative on our physical earth. Even God the absolute is not supernatural but only if we go step by step higher and learn step by step the laws, we would one day understand.

Lord Shri Krishna said, "One hears of the Spirit with surprise, another thinks it marvell, the third listens without comprehension. Thus, though many are told about It, scarcely is there one who knows it."

There have been some who have had glimpses of the cosmic consciousness first stage and have seen some laws operative there, but the duration of their stay being not long enough have felt on experiencing again the physical consciousness .....either this physical experience is false or the other world is false. When they get repeated glimpses of the first stage of cosmic consciousness they are convinced that there is another state far too superior and they verify in many ways its superiority over the physical life consciousness with its limitations and so they pronounce in a great hurry that this physical life itself or physical consciousness and all physical creations that we can see or experience as something not true and not existing. It is sad thing to hear and read so often such statements but those experiencing the first stage of cosmic consciousness are not to be blamed.

Such minds with such limited experience of the new life can be compared to the mind of the young Gautama who on going out of the palace grounds for the first time and who saw a very different type of life than the one he lived within the walls of the palace and his quick mind wanted to know which of the two ways of life was correct. It was not at that moment that he was able to say anything for he had but a glimpse of life as lived outside his palace walls. He was in tears and was emotionally carried away. So are those

who get glimpses of the first stage of cosmic consciousness; they are in ecstasy and call all else Maya.

We also know that after long struggle and search the young Gautama became the Buddha. He then gave the eight-fold noble path and the four-fold noble truth. He then without tears in his eyes could say:

1. There is pain;
2. There is a cause of pain;
3. This pain can be removed;
4. That there is a way to remove that cause of pain;

He did not say (like an ostrich putting the head under the sand) that there is no pain and it is all Maya because He had by now lingered long enough on the second, third and even fourth stage of the Cosmic Consciousness and having understood better was not in a mighty hurry to say that this is all Maya. He was born of Maya, that he was convinced of, for she happened to be his mother!

If we only can study and understand the episodes of such lives like Gautama, Jesus and others, we would definitely understand better and it should better not to parrot-like repeat what somebody has said or written.

Now a time comes when a person gets the first glimpse of cosmic consciousness of first stage. This is called “grace” by many; and normally we say “when grace descends.” We feel that grace like rain in monsoon descends from some heavenly clouds and falls without reason and without purpose, or for a reason and with a purpose. Even rain does not and cannot fall from clouds without reason and without purpose then how can we accept that grace that can descend on one, at the mercy of God!

We are prepared to accept to please a few that even the descending of grace for a cause is also God’s mercy but we cannot accept grace itself as mercy on the grounds that God is above law and therefore he can like a King and Emperor pardon completely sometimes, someone !!! He can show marked favours to someone, sometimes!! God – the very embodiment of the virtue of Law and Order cannot do that even if He wants to; which of course He never would do. It is like this: You put solid iron in furnace and heat. It becomes hot and hotter. Then comes a moment in time when it ceases to be solid and becomes liquid. It has changed its state and stage. It has different consciousness in these two different stages. Suppose the liquid state is to iron, a stage of freedom bondage, would it be true to call that moment in time the moment of grace which the God of iron i.e. man who has bestowed on that iron and if that iron were to solidify again it will remember the other state and will call the original solid state as Maya and that moment in time as the moment of grace!

In the same way a man goes on daily, sincerely working the corrective methods and increasing his plus resultant intensity (which like temperature as in the case of iron) brings about a moment in time of the change of state. We are unable to see or count this

plus resultant intensity; (if we can we would; then see the coming moment of grace and we see a person coming to us). But in the absence of such a sight we are suddenly confronted by a different state and just as our consciousness though far advanced in comparison to that of iron, is yet so very limited that we are swept off our feet.

Nothing in all creation is a gift to anyone, from anyone, for better or worse; Grace, therefore is as much as an earned wage for a person receiving it as the earned wage at the end of the week or month and we can thank God as much as we would like to thank our employer when receiving the monthly or weekly wage envelope.

When the resultant intensity by daily corrective methods reaches two plus wisdom units the intensity of the resultant and practices bring about the state we call wisdom. This is the state in which a general clearing or cleaning proceeds all other activities; a cleaning of all unwanted stored-up pattern. The cleaning is done by corrective methods over a sufficient long period and the patterns are changed and reduced by the interplay of different qualities. The rate of rotation of the patterns drop simultaneously with the reduction in the number of patterns and the rocketing force of intensity which is not quite high is able to throw the entire set of patterns outside into space and propel them to the source with similar intensity just as it otherwise happens at death. This if brought about by unconsciousness efforts or misguided efforts makes the person unconscious or drops or throws a person in a state of trance. Such an experience without diminishing the number of patterns or correcting the patterns is also brought about by drugs, asanas and breathing in which breath is held very long.

However, in all these cases the man is in a partial or complete trance and experience a temporary artificial freedom from the limitations of the physical body or bondage. This creates another type of bondage or slavery viz. addition to drug, asana or wrong breathing. Perhaps after spending one hundred thousand lives in this manner one is not one step ..... and there is not the slightest hope of progress forward!!

There can be no negative spiritual states, nor unconscious spiritual stages. Spiritual state is the state of purer or super conscious where uncontrolled trace has no place!! In the resultant intensity is minus and if artificially the propelling is brought about, it would propel the patterns and intensity to the planet, moon or sun with that minus resultant intensity. No minus resultant can teach wisdom or make one wiser or better. One the contrary the minus resultant brings the attendant diseases from the planet or moon or stars concerned in return on the way back to our planets and to that person.

The only temporary compensation is the sense of freedom from bondage of mind and body temporarily till the minus resistant of the person concerned is propelled to leave and return back to the body. For this very damaging result, the reader is requested to note and keep away from all alcohol drinks, drugs, so called tranquilisers, so called Yoga breathing exercises or so called postures and breathing. The breathing is even further misnamed pranayam by such schools or persons.

The more the number of times the resultant intensity along with the patterns is propelled away from the body in an artificial manner; as many times it contacts the source and as many times one gets the enjoyment of freedom from bondage of mind and body. The terrible reaction of such enjoyment and mockery of God and Nature's laws is obvious!

- (1) The waste of time in terms of not one lifetime but lifetimes after lifetimes, for it amounts to avidya or ignorance of the true nature of bliss and man in his search of happiness is misguided to believe he has found it. Like plague one must avoid this.
- (2) The inherent nature of repetition of patterns will force this artificial state, brought about by either posture, breathing, drug or tranquiliser or alcoholic drinks to be desired again and again i.e., another added slavery is enforced and a wrong habit inculcate.
- (3) It may become with passage of time so overpowering that one may be forced to put aside normal work and all sense of morals and of right and wrong and in spite of inner unwillingness be dragged to the enjoyment of the artificial so called release from bondage of mind and body!!
- (4) It weakens the Intellectual Centre by aiding the Emotional and sex centres and very soon the Intellectual Centre permanently surrenders and the Intellectual Centre's director is never in his chair again for a long time to come.
- (5) This is so because every time in early stages of habit the Intellectual Centre tries to protest and is overwhelmed.
- (6) This overwhelming takes place in an otherwise normal being and such practices make it more convenient for the Intellectual Centre director to surrender and ultimately unconditionally!
- (7) When that happens, one is ripe for being one of the hard boiled criminal group (to use the normal language).
- (8) When death approaches, the resultant intensity is a very large minus!
- (9) The whole incarnation is already wasted. The purpose of birth is to reach that Critical Certain Stage and beyond the No man's land to true freedom and knowledge with at least four plus wisdom units!
- (10) The propelling of minus resultant intensity amounts to frequent visits to the source i.e. the planet or moon concerned and the bringing of diseases and some terrible diseases like cancer, tuberculosis, leprosy and V.C.

which are not the inherent diseases of our planet and are unfortunately introduced into our world by such people!

- (11) From No.10 it is apparent that such visits and such propelling of minus intensity to such planets and moon make the person responsible for bringing and spreading such terrible diseases and exposing his fellow human beings to great danger besides subjecting himself to that same danger.
- (12) The world or our planet cries out in plain on introduction of such minus resultant intensity diseases which is foreign in the normal growth and progress of our planet.

Let us in this light examine the plus wisdom units. It is not a plus unit or either of the Intellectual, Emotional, Sex or Moving Centres only. What is required is the harmonising plus unit of these centres. Let us after examining this wisdom unit examine other plus units which are not harmonising plus units.

A plus wisdom unit as per the laws of rhythm has the following score :-

Intellectual Centre	...	...	...	75,000,000,000 ;
Emotional Centre	...	...	...	30,000,000,000 ;
Sex Centre	...	...	...	30,000,000,000 ;
Moving Centre	...	...	...	15,000,000,000 ;
				-----
				150,000,000,000
				=====

The Moving Centre has a huge score of 15,000,000,000 though smallest of the four centres' score.

It, therefore, conclusively requires one to be active and not to be a hermit or a fakir or a recluse or a sadhu living in wilderness or an isolated life or even an unnatural life for then not in one, but in many lives there cannot be an opportunity except in normal life to gather plus intensity of this centre and change the minus intensity. This is possible and progress of other centres is also possible whilst facing the normal problems of life or the normal thoughts of life which otherwise is not possible, by artificial means in bringing about such thoughts or avoiding them at all because by avoidance you do not increase and also do not decrease the minus resultant intensity.

The second important centre is the Sex Centre. The big plus score of 30,000,000,000 again requires one not to lead a life of only abstinence. If a person is not married and is not in world that person knows not the normal urge of this centre. It is not, not knowing the urge that is required, it is knowing and understanding of this urge and putting it to better use that creates a plus resultant from a minus resultant and then

increases the score to what is required. Even the great Sankarachary with all his knowledge had no knowledge of sex because from birth a Brahmachari, i.e. had never with need a sex urge and its satisfaction and therefore was unable to explain and guide those who asked him questions regarding their weaknesses or indulgences of this centre. (We are informed according to the story that as he was very highly advanced he took up temporarily the body of a king who died and experienced his life of sex and then came back fully made wiser for the event) but this is besides the point.

The third centre is the Emotional Centre and the plus score of 30,000,000,000 requires a harmonising and understanding of all the shades of emotion and only a particular field or octave does not give one a rounded well balanced insight into the state of minds of the other persons and being thus not equipped with rich experience we are ill-equipped for guidance due to lack of understanding of certain shades of emotions.

Finally comes the intellectual Centre with the highest score of 75,000,000,000 or equal to the added score of the other three centres and thus creating a perfect balance. Fortunately or unfortunately man has so far not devised a balance with one arm longer and the other scale heavier.

The score of the Moving and Sex Centres make it imperative for a person to live a normal worldly life and to meet the waywardness of these centres and create a very high plus intensity of the Intellectual Centre at the same time not inhibiting the other centres nor even discouraging the growth of these centres requires a very active, understanding, intelligent and honest mind, an elementary necessity on the way which ultimately leads one to higher and yet higher stages.

Whatever it be, it is clear that in such cases there is basic lack of understanding of-

1. the purpose of life;
2. the nobler aspects of life;
3. lack of determination to be enslaved by nothing are the most obvious. If God thee be and if there be one road which unfailingly leads there, is the road that is as clear, natural, clean free from fads, honest and straight as God Himself and the road that admits not all these could not be the road that leads to Him; but it will be the road that leads to a destination in keeping with the qualities of that road.

In Geeta Lord Krishna says, “O Arjuna! The votaries of lesser powers go to thou, my devotees come unto Me!” The divergent roads leading to different destinations is as per the qualities inherent in the roads which unfortunately also is the inherent quality of the aspirant or his inherent resultant intensity.

These different roads in the absence of proper corrective methods are sought after by persons with different resultant intensity just as different resultant intensities also seek different planets, or moon or sun or stars as source, on release from the physical body at

death, or under the influence of alcoholic drinks, drugs, tranquilisers, breathing exercising, postures and mortification.

Different metals have different melting points from quite low to quite high, depending on their basic resultant intensity; just as flowers and fruits have different fragrance and colours or food, values, depending on their basic resultant intensity and such as diamond, graphite and other stones have different resultant intensity !!

Life, consciousness, resultant intensity and thought patterns are in all creation. It may be, that the pulation of life may be slow in some cases as to be imperceptible, it may be that consciousness may be so simple as not to infringe on our awareness, the resultant intensity may be so concealed as to mislead us in believing it to be the quality of that substance and thought pattern may be deep down or even though on the surface may be so faint as to require the help of the most powerful of human microscope!! Kindly ponder on these few lines. But patterns are visible and resultant intensity is traceable. Life and consciousness remain yet to be accepted by man in all creation and man yet suspects whether life and consciousness could be so inert !!

Nevertheless man yet forgets that life, consciousness patterns and resultant intensity could be so intense and patterns so reduced and arranged that in comparison to now existing, wonderfully evolved beings i.e., the best of human kind is so much inert matter in comparison !! But mercifully that advanced state of consciousness does not accept the idea of inert matter in all creation and does mock the consciousness of man!!

Mercifully there is no reason to believe that man is not changing and that his consciousness is not fast developing. We have selected a few planets and a few suns totalling in all thirty one out of the myrials within 600 light years radius. It is just to say that these have direct relations to our world though there are many who have indirect relation to our world. To believe that all this is for the race of man only spread in all creation, is a little understandable; but to believe that all this is for the race of man only spread in all creation, is a little understandable; but to believe that all this is for the race of man as we know, on this Earth only, is a little presumptuous.

There are very many similar races of men, there are very many advanced types and there are very many resembling man as he was when he was in ape-man on earth. These worlds are far away and their resultant intensity in some cases has not reached us like the light of some planets. We see certain positions in the galaxy that took place hundreds of thousands of years ago and some 20,000 to 50,000 years ago. All these can be read as the past, present and future by reading the resultant intensity as it reaches us. Let us consider only those thirty-one planets, suns, stars and moon which have a certain range of intensity for man up to the 4<sup>th</sup> Cosmic Stage.

Till a peson reaches that Critical Certain Stage i.e. till such time that he has taken up for sufficient long time and seriously the conscious way of life and corrective methods we can with precision see and state the past-present and future of such a person for the free will has been bartered and the man is a machine formula has been accepted. In such

a case prediction is mathematics what we call astrology in which the bulk of Normal humanity of today is encompassed.

For those who are beyond the No Man's Land, astrology as known and practised can say very little. The one most important law is the purpose of birth and if that purpose of birth is visualised and proper methods consciously operated and that Critical Certain Stage is passed then one goes beyond No Man's Land.

At sage Patanjali says "The practises and methods are not the true causes of the transfer of consciousness but they serve to remove obstacles" minus or even lesser resultant intensity," just as the husband man prepares his ground for sowing." Further he says, "From this comes realisation of the Self after the removal of obstacles," and finally he says, "Pain which is yet to come in ward off" if the purpose is realised, if the steps are followed sincerely, if the Critical Certain Stage is reached and found, the destiny which otherwise would have come and have come and would have repeatedly come till the purpose becomes obvious is ward off. This is not possible for man the machine, this is possible for man the human being!

The steps are not taken to ward off destiny or "Pain yet to come" but the result automatically follows on taking of proper steps and passing beyond No Man's Land which brings about "Warding off of pain yet to come."

A normal person's care is to ward off pain to come but lives in a way as to insure its repetition or increase, whilst a man past the No Man's Land lives as he should and yet the result is the warding off of pain yet to come though it is not his aim or desire.

As long as that is the desire i.e., freedom from pain and destiny man does not become free from pain and destiny. It is not what you wish that counts or what you do that counts. It is what your inherent capacity i.e., resultant intensity which creates motives according to certain interplay of centres and their qualities that count.

Therefore, whatever we have read in Part-I assume paramount and fundamental importance. Part-II of this Book is a destiny of Part-I if followed correctly. No amount of reading of Part-II or thinking and discussing along lines of Part-II could result in "pain which is yet to come can be ward off." Only sincere and proper following of Part-I can insure that and Part-II in the absence of the observation of Part-I remains merely the "distant scene."

Give this thought your serious thinking :

"Learn from sensation and observe it, because only so can you commence the science of self knowledge and plant your foot on the first step of the ladder. Grow as the flowers grow. But it must be the eternal that draws your strength and beauty not desire of growth, for, in the one case, you develop in the luxuriance of purity, in the other you harden by the forcible passion of personal growth."

**Light on Path.**

## CHAPTER - XI

### PHILOSOPHY OF ACTION

“As the ignorant act, because of their fondness for action, so should the wise act without such attachment, fixing their eyes, O Arjuna ! only on the welfare of the world.”

“Action is the product of the qualities inherent in Nature. It is only the ignorant man who misled by personal egotism says ‘I am the doer’.”

“The Lord does not accept responsibility for any man’s demerit or merit. Men are deluded because in them wisdom is submerged in ignorance.

### **GEETA**

Now comes the more important aspect; the well known thought as it is so oft repeated “But thou hast the right to work but not to the fruits thereof.” Make no use of philosophy! You have decided now to make use of the free will in a befitting manner, so make use of it in that manner. You have decided may be today or yesterday or a year before. There has been some wrong thinking before this decision and thus there has been some minus resultant intensity and you have as yet not reached that Critical Certain Stage and so have not crossed the No Man’s Land. The will has yet been free and so certain events may be forced on you.

These events may (or may not) be inharmony with whatever you have now decided to do and are now doing with vigour but do not despair! Let not frustration come your way! Let not your original patterns of irresponsible way of inner behaviours of centres prompt you, to say “To what avail?”

More often it happens by a working of another law that creates the seeming appearance of some power bent upon blocking your way and seeming to prevent you from doing what you are now doing.

This is the one great reason why wise people of the past ages have put it so philosophically so that we may just do our duty and not expect something better which due to the operations of another law may be prevented and we experience frustration, and frustration creates minus resultant intensity.

When this starts happening rest assured your methods are correct and you have put into operation God and Nature’s other laws! The results which because of passing the decoded thoughts through the disinfection chamber will always be good. Yet as seen above another law also does operate and if now you expect favourable results only; may be you will to a certain extent experience frustration !!

Frustration results in minus resultant intensity. This minus intensity if equal to the plus resultant intensity of the corrective method will result in zero resultant intensity and if this minus resultant intensity is higher than the plus resultant intensity of the corrective method will result in minus. So you will find yourself a step behind.

If this were to happen many times, your honest efforts at progress will only end up in a big minus result. So you will find yourself many steps behind. It would amount to our Intellectual Centre going over to some other centres and coming back disappointed with a minus result.

So what happens now when after practising analysis, disinfection chamber, corrective methods and proper methodical co-ordination of centres is still a minus resultant for a simple reason that you expect good results unmindful of God's or Nature's other laws. You have a genuine cause to expect good results and if another law does not permit that; Your reaction to it will undo all your efforts!! Therefore, rest assured that corrective methods will yield the correct result but live not in expectation but carry on.

Whenever such reaction sets in subject this reaction also to the same corrective methods and to that same disinfection chamber. In the early stages you will find it difficult to remember so many things to do at every thought. But what has been your experience whilst learning to drive ! You are stiff, your mind with all the efforts can hardly remember proper pressing or release of the clutch and proper release and pressing of the accelerator and that traffic signal and that pedestrian that has suddenly shot across!! Today now carefree you are; whatever the traffic and driving conditions! This corrective method, analysis, disinfection chamber to the coded impulses and the decoded thoughts and also to the final frustration feelings must be applied and very soon it becomes a good habit.

Do not be frustrated is not enough. Do not philosophize is not enough. Do not resign to His Will is not enough. Do not say "what is to happen has happened." It is treacherous. No faith, no prayer, no optimism and no persimism is necessary though such qualities may be on some occasions good. The ancient sages and wise men and prophets have done well to just put the proper sentence in our mouths and in our minds viz. "You have the right to work but not to the fruits thereof.

It is possible to explain and only now in our age, taking the rocket and satellite for explanation, so how much more difficult it should be to explain in their age, and how much more difficult to explain those who could never visualise a rocket or a satellite that is man made!

Here it might help us to quote a few lines by Thomas A. Kempis : "So prompt to ease and pleasures of the flesh, so dull to zeal and strictness of life!

So covetous of abundance, no niggardly in giving, so close in keeping;

So inconsiderate in speech, so reluctant to keep silence;

So unhandsome in manners, so fretful in conduct;

In such a hurry to rest, so slow to labour;

So quickly distracted, so seldom thoroughly self-contained;

So suddenly moved to anger, so apt to take displeasure against another;

So ready to judge, so severe to reprove;

So joyful at prosperity, so weak in adversity;

So often making many good resolutions and yet bringing them at last to so poor effect.”

Now let us go back to the rocket, when the rocket carrying the satellite is on the launching site it resembles a person much below that Critical Certain Stage and who does wish to exercise free will as one ought to our feels like but it is not possible to exercise free will at all. At the next stage the person decides to make use of the corrective methods, analysis, the disinfection chamber and the rest. It resembles the rocket getting ready for the flight with all check up and fuel and the final release button.

It may be free or may not be free from the gravitational pull if there is something wrong with the proper methods of launching. Before the rocket leaves the launching platform it knows that there is some pull of earth and is responsible for its position on the earth. Then it realises that it can hope to be free because some one told the rocket about it all (our scientist) also told the rocket the proper methods and now it has decided to make the effort.

No sooner it is launched or shall we say it begins to keep the rhythm of the centres, it experiences in fact what it always suspected, - that mighty gravitational pull. It climbs and continues to climb and the gravitational pull keeps on pulling. The rocket has finally decided to climb and it matters not where it will go, but it matters if it can first free itself from the inherent pull of the planet!

The gravitational force is a good force for keeping all of us as we are, but to the rocket during its efforts to progress; it is a pull, an obstruction, an evil force, a devil! Frustration or despondency at this stage would mean not only zero resultant intensity for it will not land again on our planet – but it will mean a high minus resultant intensity; for it will break to pieces, or burn out and be useless for another effort!! That is why Lord Krishna warns Arjuna against all sense of despondency once having accepted or resolved to flight.

So before a person is told that it is possible, the person is below that critical certain stage. When someone tells the person it is possible and shows the methods the person decides to make the attempt. No sooner the attempt is made is the pull experienced! This pull is the inherent pull of the flow of life which is a good force for it is essential like gravitation, for it is through this pull alone that man ultimately (by exercising proper methods) reaches that Critical Certain Stage and beyond the No Man's Land and becomes free.

This pull brings about results of the past thought patterns indulged in, to settle some of the outstanding account before the person becomes free. This will add character and sincerity to the person if the person were to honestly keep the progress in mind. Such is the honest, the good and the kind purpose of God and Nature. God and Nature is the source that suggests the desire for freedom. How God and Nature does; it does not matter. The hint may come through a prophet, or a sage, a saint, or a wise man or any religion, or philosophy or theosophy or some school or ashram or book or person, or even through a fool; for God and Nature have always desired that all creatures be free, that they make use of free will in time and space and accumulate wisdom and freedom, and know! It is not the wish of God and Nature to see men remain stuck in mud.

Remember, that as an ordinary man your heart feels that it is not fair and your mind thinks it ought to be some other and better way, do you think that God and Nature will not feel that way or think that way? Why do we insult God and Nature and also subject man in this age of atom, rocket and satellite to that great humiliation of having no free will but predestination overruling him in the name of God, religion and philosophy.

We have long passed the stage of the fear of God! Twenty centuries before our time the Christ and others have spoken about the love of God, but still our thinking betrays only the extreme fear of God. Why must we live in such colossal contradictions? Man is not an animal, man is not a machine, man is not an incapable creature for the simple reason that mathematically it is possible to gather that momentum, to gain that speed that counters the inherent pull of the flow of life!

Now what does happen to the rocket that escapes the gravitational pull? Suppose it has 100 miles more speed than the speed required say of 25000 m.p.h. as the escape speed; this is added back to that 100 odd extra speed left. That great force of gravitational pull which to the rocket is evil force or devil, obstructing its efforts and progress is now the friend because it never was an evil force! This reminds us of that anecdote from Sir Walter Raleigh's life. It is said that young Walter came in for a little grace from the Queen (Elizabeth I). He was rather very perturbed knowing the whims of the great Queen. He therefore wrote one day near the window, "Feign would I rise, but I fear a fall." The Queen read it the next day and her quick mind and alert eye suspected young Walter. She wrote underneath, "If thy faint heart fails thee, never rise at all." Dear reader, even if we were to make attempts to write ten volumes it would not express our minds more clearly than this little anecdote. Let us, therefore, take this simple rhyme seriously.

God and Nature have not whims unlike any King or Queen but a person has not to have a “faint heart” and all is well and will be well.

Take this thought for serious thinking, “Seek in the heart the source of evil and expunge it. It lives fruitfully in the heart of the devoted disciple, as well as in the heart of the man of desire. Only the strong can kill it out. The weak must wait for its growth, its fruition, its death. And it is a plant that lives and increases throughout the ages.”

**“LIGHT ON THE PATH”**

## CHAPTER - XII

### THE OTHER MINDS OR THE DANGERS OR HYPNOSIS HYPNOTISM AND SUGGESTIONS

“Passivity is based upon the quiescent state, i.e., upon the non-perception of the senses.”

#### **Yoga Sutra**

In all the cases of hypnosis, hypnotism or suggestion we presuppose the working or non-working of one of the two minds. One is normally called conscious and the other sub-conscious which can be ordered, requested or directed in a certain manner and made to believe what it is told, so that under the guidance of the instinctive centre, one mind may take up the responsibility of carrying out what is said to the other mind.

In many ways and with different motives the practice of these methods is demonstrated on the stage and in the medical field and also for ulterior motives by lesser minds in other fields.

The grey matter brain has an area that can be divided into many sections and these many sections can be placed under the jurisdiction of four main portions of the grey matter; brain. Each portion of the grey matter has its mind and so we have four sections of the mind.

The centres Intellectual, Emotional, Sex and Moving comprise the first portion of the grey matter and mind section one.

Instinctive centre is the second portion of the grey matter or mind sections two.

What we call Jr. Mg. Director or sixth centre is the third portion of the grey matter or mind sections three.

The Senior Managing Director or seventh centre is the fourth portion of the grey matter or mind sections four.

The routine work of portions three and four i.e. mind sections 3 and 4 is carried out by the instinctive centre or second portion of the grey matter of mind sections 2 for the time being.

All conscious reactions of pleasure and pain, pleasant and good and happy and the range of human emotions and patterns are registered i.e., coded impulses decoded into thoughts by the Intellectual, Emotional, Sex and Moving centres. These four centres and their working form what we call our waking mind or consciousness or normal consciousness or portion one of the grey matter or mind section one.

We have noted in Chapter-III Part-I that the certain agitations, certain subtle movements, certain giving off of rays, certain striking of notes, certain creation of intensity “certain something” – this “certain something” is the mind of each portion of the grey matter. There is normally very little reaction or little movement in portions three and four of the grey matter and only in few cases there is a possibility of mind sections. Three and four existing to a very small extent in a few human beings.

Portion one of the grey matter keeps our contact with the physical world and makes us aware of physical self i.e. our body its condition of health or illhealth, the world around and our surroundings, and the other kingdoms of Nature. Because of this portion of the brain and its activity we are aware of the world we lie in, through the interplay of the qualities of the four centres. We, therefore, call this portion of the brain or mind section one; conscious mind. Its strong weapons are reasoning (not reason) logic and common sense. Actually the word conscious is misleading. We can tabulate as under :

- (1) Brain portion or mind section one, makes us aware of the external physical world which is a world of wonder i.e. all creation. Its weapons are reasoning, logic, common sense. It is subconscious in relation, unless developed and correlated to the other three.
- (2) Brain portion two or mind sections two, makes us aware of the inner functions of the body over which we have no control because we are normally in mind 1 and which is another world of wonders. It is subconscious to outside physical world but conscious of the other two sections 3 and 4. Its weapon is intuition and reason.
- (3) Brain portion three or mind section three is the so called super-conscious mind. It makes us aware of our past, present and future which is an enchanting but treacherous world. Unconscious to former two and the fourth but fully conscious on its own plane. Its weapon is its ability to function on the molecular plane.
- (4) Brain portion four or mind section four is the cosmic conscious mind and make us aware of the causes behind all other worlds and the reasons of their existence and ultimate end and beginning in relation to men on this world. It is conscious on all planes and in all the worlds related to men and the previous three three portions of the minds included. It is able to function on the electronic as well as molecular plane, that is the strong point and is aware by direct perception or by spiritual reading.

The four portions of the brain or minds can be compared to an auditor, engineer, doctor and a lawyer. They are just what they are and abide by their profession, each wonderful in its respective field and quite unsuited in the other fields, of course, the only exception is brain and mind section 4.

The important functions of digestion, breathing, blood circulation, beating of the heart, movement of the diaphragm etc. is the jurisdiction of brain portion two or mind section two. There are two portions of this brain and mind. One portion (a) is developed from birth by God and Nature, all the other portion (b) is to be developed consciously by all human beings. The above mentioned functions are looked after by section (a).

All the coded impulses and the decoded thought i.e. all that is not expressed or is expressed have a distinct pattern. These patterns are stored, filed, indexed, registered and maintained, i.e. all memory from birth to death and the memory of the final resultant intensity going to the source and back is all stored in this mind and the movement of the resultant intensity on the molecular plane. The conscious mind cannot remain aware of these activities but draws on this mind.

The movement on the molecular and the electronic planes is under the guidance of mind section four. All the four minds are conscious simultaneously of all the activities related to their own sphere but not aware of each other, except mind no.4.

These are different spheres of jurisdiction or technical qualities with different resultant intensity and we should not class one as superior and the other inferior or one conscious and the other unconscious, one as animal and the other as divine and so forth, nor should we consider these four sections of the brain and mind as separate entities but only as portions of “one stupendous whole” brain and mind.

These four sections or portions of mind are doing their duty whether pleasant or unpleasant. Nowhere than here is the advice most supreme as Lord Krishna informs prince Arjuna “do thy duty however humble than the duty of another however pleasant, for to do the duty of another however noble is fraught with danger.”

The Cells within the body, the different portions of the brain, the human beings, our planet earth, and all creation must evolve. Sooner or later ultimately they reach that state of cosmic consciousness as required by the Divine Plan; but how soon or how slow is our choice!

As these cells evolve within a living body they are shifted from one section of the mind or one portion of the brain to the other, just as evolved man is shifted from planet to planet or star to star in keeping with his evolution.

Now to come back to our subject; in hypnosis, hypnotism, or suggestion, sometimes physical means are resorted to or objects are used or certain position of rest, inclination, or eye fatigue, is required to induce the conscious or mind number one to give up its jurisdiction for a while. The time required is clearly stated by good operators. The so-called super conscious or mind number three in its whatever un-developed state then takes over for that duration and so a sort of sleep follows and the memory files are opened and certain patterns are either corrected or modified and the whole thing is re-arranged and recardexed. When the stated period is over, mind no.3 withdraws and mind no.1 takes over and the person awakes.

After this is done, on awakening the four centres start once again their interplay of qualities but will fine the corrected or modified patterns and a new resultant intensity is created accordingly. There are however two grave dangers of hypnosis, hypnotism or suggestion .....

1. The integrity of the operator is an unknown factor and he can if he so wishes, replace any pattern which may be a minus resultant intensity of emotion and sex centres in himself and can transplant the same in the subject under hypnosis or suggestion.
2. The operator may be honest and very scrupulous and careful but unknowingly or unthinkingly may give away the pattern held “at the back of his mind” because, at a time a human being has a number of patterns working simultaneously as interplay of the qualities of the centres and anyone of these patterns can be also cardexed; along with the actual recardexing of the patterns of the person under hypnosis or suggestion or hypnotism.

This transplanting may take place consciously or unconsciously. The operator not knowing certain laws of these centres may not be able to prevent this from happening, even with his best of efforts and intentions.

Let us also add that in all cases of hypnosis or suggestions or hypnotism by an operator one or both of the two dangers pointed above is more than probable. The operator has therefore to first learn the corrective methods and the disinfection chamber practices for quite some time; before he can take up the work of hypnosis or suggestions or hypnotism.

We have just seen the four different minds and their spheres of activity. Portion no.3 of Mind we call the Junior Managing Director and portion no.4 of Mind we call the Senior Managing Director. When a person has reached a high stage of cosmic consciousness between the 2<sup>nd</sup> and 4<sup>th</sup> stage of cosmic consciousness in that case his Senior Managing Director calls the Chairman, in the words of Jesus – “Father in Heaven, “Muhammad, calls the Chairman – “Gabrial, “Zarathustra called the Chairman “Ahuramasda.”

It is a fact that the Chairman of the Board of Directors within one human being is the same Chairman within all the other human beings. The Chairman is common chairman but whenever presiding in a particular meeting he is the Chairman of that particular Board! This is the divine Will in man. When man reaches the fourth stage of Cosmic Consciousness the Senior Managing Director hands over the reins or charge to the Chairman just as earlier the Junior Managing Director handed over to the Senior Managing Director. The Chairman does not preside in a meeting before this state is reached so it is obvious that the Chairman simultaneously is not called upon to be present at more than one meeting; for to expect more than one person to be on the 4<sup>th</sup> stage of

Cosmic Consciousness plane and to be simultaneously alive on this planet would amount to the death of mother Earth through sheer ecstasy!!

The Senior Managing Director is the Son of God Incarnate, or the working through the fourth portion of the mind. In other words it means that enough number of cells in the human being have evolved from No.1, 2 and 3 stages for form mind No.4. If mind section 4 is not developed the cosmic consciousness is a much impossible as sight to a person whose eyes are not formed !!

No amount of the love of God can do this. The man must evolve – the man must consciously evolve – the man must consciously strive with corrective methods to bring this to fruition. Add to this the love of God, add to this either prayers or japa or meditation or any yoga or any other practice of a religion that you are inclined to and then it will be possible, not by any other single means it is ever possible for what will otherwise happen is that the 4<sup>th</sup> stage of cosmic consciousness i.e. initiation or promotion to the prophet class will be delayed !!

This Father or Ahuramazda or Gabriel or any incarnate name of God – This God is also a limited God however colossal. He may appear even compared to the Son of God. The cosmic consciousness of 4<sup>th</sup> stage enables a person at will to function in any state of being anywhere within the jurisdiction of star Canopus. The Father as he is addressed by the Son of God can function many more times, farther away in many more times vaster complex worlds and dimensions but yet He is limited. Just as there is the race of man – the conscious man – there is the race of 1<sup>st</sup> stage of cosmic conscious persons – and also there is the race of the 4<sup>th</sup> stage of cosmic conscious persons. This race is small as was the present human race immediately after Adam and Eve. (But the reader may clas us as lunatics who let go their minds crazy and so we do not wish to discuss further on this subject).

To come back to our subject of the Senior Managing Director and as compared to him are his disciples or the 1<sup>st</sup> stage cosmic consciousness of the Junior Managing Director or the function of the 3<sup>rd</sup> section of the mind. When the cells in the human body from minds 1 and 2 or that portion of the brain evolve sufficiently to form Mind 3 then only it is possible for the patterns and the resultant intensity to separate in sleep or consciously when awake from the physical body and under guidance of Mind extra 3 or that portion of the brain to visit the source of the resultant intensity and gather experience on the way – not possible for a person with mind 1 or 2 development to do, it being not under the jurisdiction of mind 1 or 2. The occult experiences or the astral experience are possible for this mind No.3 but it is treacherous ground or what we call, the Yoga of glamour.

Here one can demonstrate a sort of superiority over the average man by the show of certain powers. We have to strive to go beyond this stage into the realm of the 4<sup>th</sup> mind by constant corrective methods and disinfection chamber practices along with the other programme. Tehn we reach the 4<sup>th</sup> stage of cosmic consciousness; the stage we call

Yoga without glamour, the end reached by real hard work which begins with that critical certain stage as a human being on this planet.

Mind No.2 section B is created when cells in the human body from Mind 1 evolve further to form Mind section No.2 section B. Then a person is able to function within himself. His focus changes from the outside world of miracle to the inside world of miracle. The vibrations of life change, the perspective of life changes and the man becomes sober. He knows for the first time that he does not know! He begins to learn! But Minds No.2, 3 and 4 cannot be formed if the cells in Mind no.1 evolve not sufficiently to form Mind sections No.2, 3 and 4. For this purpose the most imperative steps are the corrective methods, the disinfection chamber; changing of the minus resultant intensity to plus resultant; the forming of the reserve fund and reaching that Critical Certain Stage and going beyond the No Man's Land and the three step rhythmic breathing.

It is therefore clear that :

- (I) The Man below that Critical Certain Stage is only functioning with mind No.1, partial and the necessary portion (a) of Mind No.2 and very limitedly formed or still less formed Mind No.3 section. Mind No.4 section is out of question for almost the whole race at present.
- (II) Please note that a portion sufficient of Mind No.2 i.e. section (a) is formed by Nature to make the instinctive centre function automatically but the whole mind No.2 or that portion of the brain is not formed consciously to enable a person to function in worldly and consciously with the help of this mind to understand and study the wonders within his body.
- (III) It therefore, follows that a large portion of the human brain is not used where the cells are under the process of development and if we can see their movement especially in the case of a man sincerely on his way we would see something akin to a nebulae in the heavens where future solar systems are in the process to be born ages hence. Therefore, for an average person 80% of the brain is not even formed but is only in the process of being formed.

The mind No.1 has areas marked out for different faculties and no person however learned or well read is ever able to know all the faculties. To day the knowledge of a faculty is so wide that persons have to specialise within that particular faculty. The medical field or engineering field or even music needs specialisation.

The entire possibility is so wide that normal persons are able to make use of less than 20% of the mind No.1 and 80% is not made use of i.e. of the less than 20% formed brain an average man makes use of 20% only. The minds No.2, 3 and 4 are besides the point.

One of the many faculties of the mind No.1 is Meta-physics sub-divided into philosophy Theology etc. Now we have seen that the cells when they sufficiently evolve in Mind No.1, they begin to form Mind No.2 section (b). We would like

..... portion of the brain are transferred and their place is filled up by fresh ones. The transfer of such cells to form brain No.2 section B is possible especially from this particular portion related to this particular faculty of mind No.1 or that portion of the brain but is also possible from other faculties cojointly with this particular faculty.

It is, therefore, not essential for development of cells of brain 2 section B or development of mind No.2 section B through academic education only. In fact academic education if not co-joined to this faculty of metaphysics or higher arts, may never develop; the cells in brain No.1 or mind No.1 for Brain 2, 3, 4 or mind 2, 3, 4 with the result that a very brilliant individual may remain so or be born again and again a brilliant individual according to the resultant intensity but brain and mind no.2, 3, 4 will have very little choice of formation and with out which, real evolution is never possible i.e. the evolution of being free to use free will judiciously.

- (IV) It is also clear that it is no use trying to explain a person with mind No.1 the functions; i.e. what are the possibilities or glories of mind No.3 and 4 especially mind No.4. It is no use expecting from a person with Mind 1 development; the actions of mind No.2 or 3 or 4. And after all said and done all the best of human brains that make history mostly are all mind No.1 people only. Very few there are or have been who are or were mind No.2 or 3 or 4 who have made history and all of them together could be counted on the fingers of our one hand right down from the birth of the human race!!

Yet now great is mind No.1. We must never forget this fact. We must never insult this Mind No.1. We must never forget that this is the mind that makes ultimately Mind 2, 3, and 4 possible. In our ecstasy fo Mind No.3 we forget the spade work of our mind No.1 and call it the lower mind or the lower self the animal mind or the lower animal self. Only Walt Whitman has realised this when he says or rather he rebukes those temporarily having a glimpse through the use of Mind No.3. "Therefore, I believe in you my Soul .... The other 'I' must not abase itself to 'you' and 'you' must not be abased to the other." Unfortunately either mind No.1 tyrannizes whenever it is supreme and the other minds are in rudimentary or bebulae state or ..... Mind No.3 is supreme mind No.1 looks far too wretched or in other words mind No.3 tyrannizes. In either case it should not happen. If it happens, it proves that the experience of being able to function with Mind No.3 is newly found and therefore, the opinions are hastily

expressed in poetic and profuse language condemning or belittling the state and work and prestige of Mind No.1.

“We have all known man of great intellectual prowess who were petty, mean, cavilling, vain, hypochondriacs, who lived wretched ulcer ridden lives and dropped off long before their time from one of the psychosomatic diseases.”

“Thus a man of great intellectual development without a corresponding development of the true personality, may well be a highly dangerous, mechanical, and amoral robot.”

**Ralf Alexander MD.**

The above mentioned author is not able to express or explain because his own mind is not clear on the subject “brain and mind” and the different portions of the brain viz. portions 1, 2, 3 and 4 and the different functions attendant there on to each of them, and the subsequent development of the portions 2, 3 and 4 with methods and thereby bringing about the development of minds 2, 3 and 4.

Take this thought for serious thinking. Lord Krishna said, “I have been born again and again, from time to time; thou too, O Arjuna! My births are known to Me but thou knowest not thine.”

Trace in this the working of mind 3 and the functioning of mind 4 (cosmic consciousness stage 4.)

## **CHAPTER – XIII**

### **DIFFERENT YOGA SYSTEMS**

“When thoughts contrary to yoga are present there should be the cultivation of their opposite. Thoughts contrary to yoga are harmfulness, theft, incontinence and avarice, whether committed personally, caused to be committed or approved of whether arising from avarice, anger and delusion (ignorance) whether slight in doing, middling or great. These always result in excessive pain and ignorance.”

#### **YOGA SUTRA.**

How wonderfully has sage Patanjali expressed the working of the four centres of Mind No.1.

“To each temperament there is one road which seems the most desirable. The way is not found by devotion alone, but by ardent progress, by self-sacrificing labours, by studious observation of life. None alone can take the disciple more than one step onwards. All steps are necessary to make up the ladder. Thevices of men become steps in the ladder one by one as they are surmounted.”

#### **“LIGHT ON THE PATH”**

Till such time the man concerned has decided to remain indifferent to or unaware of his possible progress and freedom from the humiliating condition, till such time with absolute precision can the patterns be calculated to repeat and the effects attendant on such patterns. These in turn become causes to bring about certain results and this misconception of destiny and Karma is therefore not applicable to the whole race.

Supposing that it were applicable to 90% of the race even then with certainty we cannot say that man is machine and predestination in the sense of an imposing of will by outside source and thereby giving the inevitable results, cannot be said for all concerned. But whoever can say what is the percentage ?

If God or Nature were anxious to keep men in bondage as amplified by all literature or philosophy; then God and Nature would not from time to time request the advanced sons of mankind to remind and remind forcibly others who have not yet decided to exercise their free will in a proper manner, to reach that Critical Certain Stage!

These advanced sons, are our Saints, Sages, Prophets and all religious are therefore based on Bhakti or devotion, for unless the Emotional Centre is taken into confidence and then the Intellectual Centre were to judicially lead, it would not result in plus resultant intensity.

This stage of Bhakti helps, though generally it is without using methodical corrective methods, to wipe out the minus resultant intensity and quickly build up a plus resultant intensity.

The only limitation is that the plus resultant is emotional and has no rounded personality. The law permits two plus wisdom units whether balanced as required or whether belonging to one centre only to reach No Man's Land and four plus wisdom units to go beyond the No Man's Land. The law does not permit accumulation of four and over, plus wisdom units of a single centre. From here onwards if the aspirant who has already reaches a very high class or standard, realises the one-sided development, and consciously takes birth again with objectives clearly defined. Such persons then prefer the life of the ordinary householder because herein one gets a natural chance to build a balanced plus resultant intensity.

Whatever the score of the Emotional Centre is, it must be redistributed in proper proportion over the other three Centres. How much then, it is necessary though difficult; is this life of a householder ? It is essential not to miss this supreme opportunity of living correctly as a householder and with corrective methods to proceed forward!

Those who follow the different techniques of Yoga build up a plus resultant intensity for one of the centres. In Raja Yoga is advocated a greater balance. But the finest possibility of balance is practice of raja yoga techniques living as a householder; and it is not the same as Karma Yoga; kindly note.

Different Yoga Systems	Intellectual Centre	Emotional Centre	Sex Centre	Moving Centre
Hath Yoga (1)	2000*1	4000*1	Nil	150.000.000.000
Bhakti Yoga (2)	50.000.000.000.	100.000.000.000.	4000	2000
Gnana Yoga (3)	150.000.000.000	2000*2	2000*2	2000*2
Raja Yoga (4)	70.000.000.000.	50.000.000.000.	30.000.000.000.	6000*3
Karma Yoga (5)	40.000.000.000.	45.000.000.000.	35.000.000.000.	30.000.000.000
Yoga of the resultant intensity	(6) 75.000.000.000	30.000.000.000.	30.000.000.000.	15.000.000.000
or				
House holder				

\*1 and \*2 adjusted in the main centre

\*3 adjusted in any one centre

In Geeta in Chapter VI Lord Shri Krishna says, “The wise man is superior to the ascetic, to the scholar and to the man of action, therefore be thou a wise man, O Arjuna” !

Very clearly does Lord Shri Krishna point the way. The ascetic Hatha or Bhakti Yoga path or the Gnana or scholarly yoga path or the action or Karma or Raja Yoga path are below the path of wisdom where you have a normal householder’s life, understand well the intellectual, emotional and sex side of life and gaining wisdom and putting into practice the corrective methods. If we progress along the proper lines, that man is the wise man and is indeed superior to others.

.....  
.....

From the above, please refer chart, it is evident that in the case of 1, 2 and 3 i.e. the moving or the emotional or the intellectual centre respectively does predominate completely and annihilates the possibility of the other respective centres to express themselves. In the case of 4 and 5 we note that there is no balance of power between the centres and in absence of balance anything can happen between the centres. In No.6 the intellectual centre perfectly balances the other three and neither side can predominate and any alliance with the intellectual is not to be feared and the complete alliance between emotional. Sex and Moving Centres is not to be feared either in this case by the Intellectual Centre. The much needed balance is reflected as later explained in the balance palm of the hand and the parallel lines of the Heart and Head in the Palm.

“The great stumbling block in the way of man’s orderly development is that when he is preoccupied with things spiritual he tends to neglect the other functions by means of which he must bring the spiritual down to earth.”

From the chart it is apparent that Yoga of intensity of centres or the yoga of the life of the householder gives the absolutely required balance and is the most difficult to practise in as much as the coded impulses which are decoded are consciously treated in the disinfection chamber with the corrective methods. In the normal flow of life, with the normal pull of the flow of life, there are chances that some great Emotional or Sex outburst even very few times in a year may seriously hamper or retard or lessen the plus resultant intensity.

Besides, the corrective methods are administered not in any artificial conditions as in the case of Bhakti, Gnana or Hatha Yoga and to some extent the Raja Yoga, but in the actual life of daily living in this world.

We say artificial conditions because in Bhakti the person has taken upon himself Bhakti the whole day preferably in a temple, mosque, church, or a secluded place or has a restricted life of the world and therefore finds that the flow of the coded impulses of 120 per second is more in a restricted particular channel.

In Ygnan Yoga, the person is deep in study and does have in different ways a restricted life of the world and therefore, the flow of the coded impulses again is more in a restricted particular channel.

In Hatha Yoga practises, the emphasis is entirely on asana and pranayama i.e. postures and breathing and so once again we see that the flow of life is restricted and the flow of coded messages is also restricted into certain particular channels.

In Raja Yoga though a person may be leading a normal life it is possible that certain restrictions on life i.e. on the natural flow of life of a householder is laid but when it comes purely to the life of the householder with the natural flow of life and the unrestricted way of life, with normal pull of the flow of life the person faces the hardest but the best way to the great solution of the question whether man is the machine with no free will and every thing predestined for that person or is man the human being, with free will, which he can use freely in all matters and can create consciously his own circumstances and therefore is the master of his destiny !!

We also find that Karma is not action nor is it the Yoga of cause and effect. If Karma is action it certainly is not the cause to bring about an effect. It is already the effect of the main cause!! The main cause is the decoding of coded impulses, the state of the four centres and their management with the help of Junior Managing Director!

Whenever these proportions are unbalanced we have the Intellectual will or Emotional or Bhakti will, or the Hatha or Physical will, or Sex or Artistic will, or with minus sex, the brute will. When the total two wisdom units are gathered at one centre, it is the genius or a monster functioning in that direction depending on plus or minus.

From this we note that this very life on earth, this daily life of ours, this humdrum life of ours, this life we so easily condemn, this life which is a routine, this life which is full of care – “where we have no time to stand and stars,” this life from which we feign would run away, this life which is so common place, this life in which we do not even wish to discuss the so-called nobler far away thoughts like; What is God? What is religion? Do prophets have a geographical place of birth and a historical period recording their activity? Are prophets incarnations of God or are they men becoming God? What is destiny? Is there reincarnations? What is the life beyond the grave? and many more.

We dear reader, simply call these the distant scene and we pray “Hold Thou my feet, I do not wish to see the distant scene, One step enough for me, lead thou me on.” This is the only road and is the road to salvation.

Yes dear reader with humble efforts, with this yoga of the householder’s life and with yoga free from all glamour and intellectual peacock dances and use of the coloured feathers of high sounding words, it is possible and with sincerity to achieve what

otherwise seems the prerogative of the few, who perhaps make us believe that there are some special ways !

Light a candle. The flame will not be steady if there is wind. The inherent qualities of the flame are (i) to give light, (ii) to flicker with the wind and with violent wind to go out completely.

To steady this flame there are two ways, whether it be candle flame or any other flame by burning oil. (I) put it in a quiet place free from wind; (ii) to cover it and make a lamp which will regulate the wind and prevent it from flickering or going out. If we take the former course, the flame will be steady as long as it will remain there.

If it were to remain there for a thousand years and if brought out in the open place it will be subject to all the reactions of wind and even blow off. It cannot form a habit in that thousand years to be steady, for it is not its inherent quality to be steady and what is more is that you may need the light in an open place when there is wind and which is a natural place for you. The light in that sheltered place for you is useless, however, steady for wherever you are required to be, it is not with you to help.

If we take the other course, it will be steadier though perhaps not so steady as the flame in the quiet place free from wind but it is where you are required to be and wherever you want it and is therefore useful. The flame is no more a flame, it is a lantern with a glass chimney.

So is our mind. When we say mind it is not the whole mind which all misunderstand. It is our mind No.1 and has as its inherent qualities (1) to give light i.e. knowledge (2) to move or flicker with the incoming coded impulses and decoded thoughts.

To steady this mind No.1 there are two ways (1) to put it in a quiet place free from all incoming normal coded impulses, i.e. to select the life of a Sanyasi, (2) to cover it like a lamp which regulates the wind and prevents from flickering or going out of control and be of use to us whenever we use.

If we take the former course, mind No.1 will be steady as long as it will remain there. If it were to remain there for a thousand years and if brought out into the open place of the world of life; it will be subject to all the reactions to the incoming coded impulses and decoded thoughts. Mind No.1 cannot form a habit in that thousand years to be steady for it is not its inherent quality to be steady and what is more is that you need the light of the mind in the daily normal life of the world. The sheltered life is useless however steady the mind could be there, for that life is restricted.

If we take the other course, the mind No.1 will be steadier though not so steady as the mind when in a sheltered place of the life of the Sanyasi but steadier and is useful in the life of the world. Mind No.1 is no more mind No.1. It has developed mind No.2 i.e. has become a lantern whose inherent quality is steadiness. The corrective methods, the

disinfection chamber, the three step rhythmic breathing, the change of habits of sleep, food, drink etc. from the lantern.

Take this thought for serious thinking –

“It is necessary to consider what is right action, what is wrong action and what is inaction, for mysterious is the law of action.”

“The wise call him a sage; for whatever he undertakes is free from the motive of desire and his deeds are purified by the fire of wisdom.”

## **CHAPTER – XIV**

### **“YOGA SUTRA IN THE LIGHT OF OUR UNDERSTANDING”**

**“Before the eyes can see they must be incapable of tears, before the ears can hear, they must have lost their sensitiveness, before the tongue can speak in the presence of the Masters, it must have lost the power to wound. Before the Soul can stand in the presence of the Masters, its feet must be washed in the blood of the heart.”**

### **LIGHT ON THE PATH**

We now begin the exposition of yoga sutra based on our understanding so far.

Yoga is controlling the inter-play of qualities of the centres Intellectual, Emotional, Sex and Moving, under the jurisdiction of the portion one of the brain or mind. This portion is known as Chitta.

When this mind achieves rhythm of the centres and when it further develops the portions of mind 2 and 3 the gross essence becomes fine essence.

When this happens i.e. when rhythm is achieved, mind No.2 is completely formed and portion No.2 of the brain is formed. It is then like the bottom of a lake which is clearly seen when there are not ripples.

Normally before this rhythm is achieved either the Intellectual or Emotional or Sex or Moving centre predominant.

The activities of mind one are (I) experience, (ii) perversion, (iii) delusion, (iv) sleep, (v) recollection. Some of the activities are painful and others pleasurable.

Control fo the activities by the corrective methods and self analyses and three step rhythmic breathing is essential. Practice is essential and should be steady and daily and over a long period. Long unremitting sincere practice develops brain portion No.2 or mind No.2 completely.

Detachment is the inherent quality of mind No.2. The highest form of detachment is the absolute rhythm of the interplay or qualities of the centres of mind No.1. When rhythm prevails in the centres, ignorance, anger, passion are replaced by purity of thought which is the inherent quality of mind No.2. This is the greatest struggle, the greatest achievement, the greatest renunciation. This is brought about by corrective methods and three step rhythmic breathing and proper habits of food and sleep.

“The mind is pure, the form is pure, the relation is pure, but though pure it is still a sentiment and all sentiment is weakness, bondage.” A true yogi goes beyond this. Power of knowledge is great, the power of control of knowledge is greater. Spiritual life

begins with control; one can get control by practice only. So long as mind is limited, the ..... It can experience is limited. The purpose is to merge the portion of mind one with the portion of mind No.2 into the portion of mind No.3 into the portion of mind No.4, one is able to function on the 2<sup>nd</sup> to 4<sup>th</sup> stages of cosmic consciousness. Hence joy changes to peace that passeth understanding and is no more limited. This is of course relatively speaking only.

The power of material sphere is great, but that of spiritual sphere is greater. If one who renounces such powers is safe, if not, one travels the path of rebirth over and over again.

If mind No.2 has no desires and mind No.1 is in harmony; no new fuel is therefore added to feed the fire of life.

Success is immediate where effort is intense, wisdom units are also accumulated by devotion to God, but they are not in the proper proportion as required. Concentration is only possible by mind No.2. But concentration is on some form and form means desire and desire means some kind of action. One must go beyond this.

That meditation of mind No.3 is on Om. Meditation on Om through mind No.3 removes any obstacle. Pain, disease, doubt, sensual pleasures, etc. are obstacles. Mind attains peace by regular three step rhythmic breathing. "As you meditate, so you become." There is nothing that mind No.4 cannot grasp, (again relatively speaking and in comparison to mind No.1). When mind's activities are controlled i.e. the activities of all the portions of mind No.1, No.2 and up to mind No.3 or 4 illumination of varied degrees prevails lasting for a few seconds or up to along period over years.

When this happens, this physical world seems superfluous; the mind also becomes superfluous; only the fine essence experience; i.e. the true understanding of creation and the purpose of life and birth and death become apparent and the perspective and values of life change.

This illumination however is with seed. This illumination being pure brings spiritual contentment. There is immense freedom bondage, one appears at this stage as God incarnate.

However, all freedom from bondage is limited however vast and hence illumination is with seed.

"In this condition intellect becomes pregnant with truth." This state brings direct knowledge. All religions spring through such beings through such stages.

Sage Patanjali says, "when even this has been suppressed, speedless samadhi is attained." This being the 4<sup>th</sup> stage of cosmic consciousness much more still remains for attainment. This is what we have stated in Part-II of our book.

“Austerity, study, devotion to God, constitutes practical yoga.” This constitutes part-I of our book. The aim is to attain illumination. The aim is to form and develop by corrective methods all the portions of mind No.2, 3 and 4 described by sage Patanjali further as, “the transfer of the consciousness from a lower vehicle, into a higher is part of the great creation and evolutionary process.” (The words lower and higher depict limitations of language.) All organs, limbs, brain and mind are vehicles as is the body also and the other bodies besides the physical viz. Cellular molecular – molecular and electronic i.e. the astral – mental and causal bodies.

“Ignorance is the cause, fear, desire, aversion are the effects whether they are suppressed, dormant, weak or strong.” We have seen in Part-I that decoding of incoming impulses lead to decoding of thoughts at the rate of twelve per second in number. This coding and decoding constitutes pure motive. This motive has resultant intensity according to the interplay of the centres. One either is ignorant of this fact or knows this fact or though he may know this fact, he does not act or work accordingly or he may know this fact and work accordingly.

Ignorance of this fact leads to aversion, fear and desire of every kind. Aversion on the other hand is recoiling from pain. When corrective methods replace wrong methods and when the three step rhythmic breathing replaces wrong breathing (which is the normal breathing of an average person), illumination results i.e. all the portions No.2 and 3 and even 4 of mind are developed with their peculiar inherent qualities and possibilities.

“So long as the root is present, Karma remains and creates re-birth.” So long as plus four wisdom units are accumulated, till then free will in its higher form and possibility is not possible. So long the resultant intensity as we have seen goes to one of the thirty-one, Sun, Moon, Planets or Stars and returns and rebirth is forced. However, after this stage, free will is immense and birth on this planet is by choice and for a special purpose as we have clearly seen.

“Every man has to struggle for himself” i.e. if one man is able to liberate himself from the gravitational pull of life, it does not mean that all men today or in future will be automatically free and that a particular person has atoned for us all; however great the seeming sacrifice be !!

When one is able to liberate himself sage Patanjali says “It is sevenfold (i) True renunciation is understood (ii) what is to be renounced is renounced (iii) cause is separated from effect and one is not understood for another (iv) attains freedom from solar system (v) is content, (vi) the qualities are dissolved, (vii) the purpose of life and birth is fulfilled on this planet.

Part one gives practical steps and Part-II gives mental conceptions in our book to these sevenfold achievements, Yama, Niyama, asana, pranayama, pratyahara, Dharma, Dhyana, Samadhi, are the eight steps fulfilled.

Part-I shows practical ways to the first four steps and by that time two wisdom units are accumulated. In pratyahara further two wisdom units are accumulated by corrective methods and three step rhythmic breathing.

By this time mind No.2 is developed and so the inherent quality of mind No.2 makes Dharma and Dhyana possible. This develops mind No.3 and the inherent quality of samadhi is achieved. This leads to illumination and liberation from bondage as is understood on this planet. By the corrective methods no efforts are wasted, there are no life long struggles and with effortless effort one proceeds along the path and with the development of mind No.2 powers or sidhis naturally accompany.

Shree Purohit Swami in his book Aphorisms of Yoga, writes, “People forget that yama and Niyama form the foundation and unless it is firmly laid, they should not practice postures and breathing exercises.” Further the Swami says that in his world travels he had come across hundreds of persons who suffered permanently from wrong practices.

There are three nerves, the Ida, Pingala and Sushmna. The Ida and Pingala pass through either side of the spinal chord, but the sushumna which runs between the two and is normally blocked. Not until Sec. B of mind No.2 is formed does this passage clear. Not till the passage is clear can any one practice yoga; even the elementary Yoga. There are artificial methods to clear it but are harmful and should be avoided.

Part one of our book is therefore very essential for study and practice which aids in clearing this passage.

“Attention fixed upon an object is Dharma. Union of mind and object is Dhyana. Samadhi is that condition of illumination.” “Successful concentration is necessary for direct knowledge.” “At every step distractions lessen and control increases until mind changes to the condition of control,” says sage Patanjali, “when control prevails mind flows peacefully.”

Note the words “mind flows.” The incoming coded impulses form a continuous incoming flow and the out-going decoded thoughts form the outgoing flow.

Before the corrective methods are put to practice, the interplay of the qualities of the centres i.e. the inner state of mind No.1 is in a state of chaos, utter chaos. Corrective methods, three step rhythmic breathing, bring about a harmony in the centres and not only mind No.1 is developed more fully but sec. B of mind No.2 is also formed in due course. Mind flows peacefully at this stage. Concentration is natural at this stage.

Mind No.1 has the inherent quality to make pictures and to prevent it from doing so is impossible and if done is detrimental for it amounts to paralyses of the mind No.1. Mind No.2 has the inherent quality to concentrate. It cannot make fresh ever changing pictures like mind No.1. It can take any picture given by mind No.1 and understand the

meaning and purpose and in turn illuminate mind No.1 which becomes knowledge for mind No.1.

The simple process of closing mind No.1, opening the portion sec. B of mind No.2 and concentrating on the picture given by mind No.1 is Dharna or the beginning of Yoga.

Mind No.1 is wonderful but that which is not its jurisdiction should not be forced upon mind No.1.

Change the subject or picture for sec. B of the mind No.2 and various different types of knowledges are known and understood and passed on to mind No.1. This way one can know past, present, future, inside of the body and distant stars. This is what sage Patanjali says in the Yoga Sutra.

These yield powers and knowledge but as sage Patanjali says are obstacles to illumination. When that stage is reached when consciously one can propel resultant intensity and induce the essence to change its normal course, the resultant intensity gathers the essential of a planet or a person concerned and knows everything about a planet or a person. This is what we have seen in Part-II. This is what sage Patanjali wishes to convey in his Yoga Sutra. This is an advance stage and is made use of to gather knowledge, but if indulged in, creates obstacles to real illumination and progress. During this progress mind portion III is fully developed also and portion IV of the brain is also partly developed.

Finally “by renouncing even these powers, the seed of bondage being destroyed the Yogi Attains liberation” says sage Patanjali. It is further stated “then follows the power to take any form big or small. The chief powers are (I) to take the smallest form (ii) to take the biggest form (iii) power to touch anything (iv) power to control anything (v) power to create anything (vi) power to penetrate anything (vii) power to bring about anything.”

“Powers are either revealed at birth, or acquired by medicinal herbs, or by repetition of sacred words, or through austerity or through illumination.”

Shree Purohit Swami says “when the yogi attains final discrimination, but renounces even that, he then attains the condition called rain-cloud of divinity” and explains that the whole process of discrimination is the elimination of all limitations, when that is attained, the process itself is to be eliminated, as a man who lights the fire throws away the match. Nothing remains then to hinder the natural outpouring of Divinity.

“Mind without impurity and impediment, attains infinite knowledge. What is worth knowing in this world, becomes negligible,” says sage Patanjali. “Changes from moment to moment comes to an end, their purpose is fulfilled.

All doubts are dissolved, the problems of life is solved, the man becomes for ever free from bondage of this Earth or Sun or this Solar System to become an inter planetary citizen.

Take this thought for serious thinking.

“O Arjuna! Thy duty binds thee. From thine own nature has it arisen .....

“The duty that of itself falls to one’s lot should not be abandoned, though it may have its defects. All acts are marred by defects, as fire is obscured by smoke.””

**GEETA.**

## **YOGA – SUTRA – COMPARED**

### **CHAPTER – XV**

#### **Book – I**

1. ‘Aum’ We now begin the exposition of yoga.
2. This union (or Yoga) is achieved through the understanding of mind III and passing on to mind IV i.e. going beyond the paycheck nature of mind III and of course the complete understanding by mind No.1 the Chitta or mind stuff that constantly forms pictures i.e. where the interplay of the qualities of the centres is in harmony.

Again let it be clear that brain and mind is one and not many. Only different secs. Of the brain and mind have different characteristics and each section to the other is unconscious or unaware except when the whole brain and mind is developed (i.e. when even the IV sec. Of mind is developed) when all the sections become conscious of each other and the brain and mind becomes and acts as one sequential whole.

3. When this is achieved or accomplished, the Yogi knows himself as he is in reality i.e. the yogi understands how it is possible to function with the whole brain and mind.
4. Till this is achieved the person is either conscious of mind and brain sections I, II or III and the interplay of the qualities of the centres of mind I or the memory or psychic nature of mind III which are modifications ultimately of mind I.
5. The mind states of section I or Chitta are five and are subject to pleasure or pain, they are painful or not painful.
6. These modifications are : (i) correct knowledge, (ii) incorrect knowledge, (iii) fancy, (iv) passivity (sleep) and (v) memory.
7. The basis of correct knowledge is proper use of corrective methods and bringing about a balance among the centres (refer book).
8. Incorrect knowledge is result of the inter-play of the qualities of centres of mind and brain section I and not developing and making use of other sections of mind II, III and IV and so gather incorrect knowledge only.
9. The section one or mind I alone can perceive what oft times amounts only to fancy.

10. Sleep is an important state of being for gaining proper knowledge if minds II, III and IV are developed and is brought about by the fatigue imposed by the constant picture forming of section I and besides this by leakages.
11. Memory is the quality of mind III and is very deep and far reaching, and if mind III is not developed memory in its instructive sense is not possible i.e. the knowledge of past birth's is not possible which can teach us the law of Karma.
12. The control of these modifications or states of the internal organ, section I of the mind of Chitta is to be brought about through tireless endeavour and through non-attachment tireless endeavour through corrective methods and rhythmic breathing.
13. Tireless endeavour is the constant effort to restrain the modifications of the Chitta i.e. the constant conscious efforts at each coded impulse into decoded thought to subject the same to the corrective methods and disinfection chamber, thus changing the possibilities of minus resultant intensity to plus resultant intensity.
14. When the object to be gained is sufficiently valued; i.e. this object is not perishable or changeable form and the efforts towards its attainment are persistently followed without intermission i.e. without the thought of gain or reward of the actions or stopping if one were to constantly to take care to put into operation corrective methods and change minus resultant to plus resultant intensity, then the steadiness of the sec. I of mind follows i.e. mind I develops sec. B of mind II which in turn develops sec. Of III mind and this also in turn develops sec. V of the mind.
15. Non attachment is the functioning of mind sec. IV.
16. The result of this non-attachment results in an exact knowledge of the spiritual man when liberated from the inter-play of the qualities of Chitta or sec. I of the mind.
17. The consciousness of an object is attained by concentration on its fourfold nature i.e. the form through examination (by sec. I of mind), the quality through discriminative participation (by sec. II of mind) the purpose through (sec. III of mind) and soul through identification (by sec. IV of mind). Normally a person does not go beyond the interplay of Chitta or sec. I of the mind.
18. A further stage of samadhi is achieved when the Chitta i.e. sec. I of the mind is responsive only to the subjective impressions of sec. IV of the mind.
19. The samadhi just described passes not beyond the bound of the phenomenal world, it passes not beyond the Gods, and those concerned with the concrete world. This samadhi is the 1<sup>st</sup> and 2<sup>nd</sup> stage of cosmic consciousness. The resultant intensity is not in wisdom unit proportions (refer book) and it reaches

certain stars and suns and returns as explained in the chapter “celestial influence.” When this is so, samadhi is of inferior type.

20. Other Yogis achieve samadhi and arrive at discrimination of pure spirit through belief, followed by energy, memory, meditation and right perception. By corrective methods, rhythmic breathing and other disciplines, the passing over to sec. IV of the mind is achieved and the 3<sup>rd</sup> and 4<sup>th</sup> stages of cosmic consciousness is reached.
21. The attainment of this state (of spiritual consciousness) is rapid for those whose resultant intensity is in proper proportions of wisdom units.
22. Will – intellectual, emotional or sex (refer book) the balance of wisdom unit is the sure way to create proper free will (refer book).
23. By intense devotion to Ishvara, knowledge of the Ishwara is gained.
24. Ishvara is the subtle essence untouched by limitation, free from Karma and desire and is even beyond the fourth stage mind i.e. even beyond the stage of the fully developed brain and mind and they learn and are guided by the subtle essence only.
25. In Ishvara, the Gurudeva, the germ of all knowledge expands into infinity. This infinity is relative in relation to human consciousness. It is the consciousness of the 4<sup>th</sup> stage of cosmic consciousness.
26. Ishvaraa, the Gurudeva, being unlimited by time conditions, is the teacher of the fourth sec. Of the mind or those whose minds are fully developed called primeval Lords.
27. The word of Ishvara is Om. When this stage is reached the human language, mind, understanding and human reasons are superseded.
28. Unless the stage beyond no man’s land is reached the true pronouncement of Om in the first place remains mere sound and serves no purpose !
29. All obstacle cease to exist, once the no man’s land is crossed and the other side reached.
30. Obstacles to soul cognition are bodily disability, mental inertia, wrong questioning, carelessness, laziness, lack of dispassion erroneous perception, inability to achieve concentration, failure to hold the meditative attitude when achieved. These are the interplay of qualities of centres of the sec. I of the mind and shows absence of corrective methods, disinfection chamber and the three step rhythmic breathing.

31. Pain, despair, misplaced bodily activity and wrong direction (or control) of the life currents are the results of the obstacles in the lower psychic nature, when rhythmic breathing is not followed all 24 hours the Sec. II of the mind is not formed, neither sec. III of mind is formed.
32. To overcome the obstacles and their accompaniments, the intense application to some one truth (i.e. some form of Yoga) is required i.e. the methods is shown in Part-I of this book.
33. In a more considerate language sage Patanjali means to convey that the corrective methods and creating of plus resultant intensity thoughts are essential.
34. The peace of the chitta is also brought about by the regulation of Prana i.e. by 24 hours rhythmic breathing and corrective methods; for prana is impulse and the science of control of impulses is explained at length in Part-I of this book.
35. The sec. II of Mind is able to concentrate provided the technique of closing sec. I of mind is understood and practiced.
36. The sec. II of mind with the aid of sec. IV of the mind can meditate. The knowledge thus gained brings peace. The sec. I of the mind should be closed during the process.
37. The interplay of the qualities of the centres in sec. I of mind are reduced by corrective methods, disinfection chamber, the three step rhythmic breathing and the chitta is made more stabilized by re-education.
38. The state of dream whether awake, or in sleep or in trance is the plane of sec. III of the mind in its less or more advanced state. When by proper practice and technique the sec. III of the mind is controlled and the psychic nature is thereby kept under control great knowledge of the psychic world is gained, chitta i.e. sec. II of the mind experiences peace i.e. freedom from the interplay of the qualities of the centres.
39. Through intense bhakti or prayer or love of God, is also brought about a paralysis of the interplay of qualities in sec. I of the mind and hence a sort of peace is enjoyed. For higher progress this is an obstacles.
40. When wisdom units are gathered in any proportion the person is able to propel the resultant intensity and the resultant patterns and can persuade the subtle essence to deviate as soon earlier in the book and can experience any life from the atom to the infinitely great within the jurisdiction of the star Canopies.
41. When sec. II, III and IV of the mind are developed and when the technique of closing sec. I of the mind during the process of concentration or meditation is practised the modifications of the chitta or mind-stuff are no longer possible. The

- secs. II, III and IV of the mind gives knowledge and bring about the stage of identity other planes and the methods of gaining knowledge on the other planes differ completely from the methods of gaining knowledge of the physical plane i.e. it is not by learning and memory but by sensing and feeling and identifying.
42. As we have seen, reason or judicial reasoning is some of the qualities of sec. II of the mind (refer book).
  43. As in 41, we understand; the process as different and sage Patanjali tries to explain in details.
  44. This is the technique of sec. III of the mind on the psychic plane. Refer 41.
  45. The techniques change the gross essence to the subtle and in turn the subtle essence turns into the pure spiritual being called Pradhana.
  46. As we have seen in Part-II of the book, all these are just on the way stations and is not the destination which is very far beyond and so the meditation and every identification (a poor substitute for the word Samadhi is with seed that which is with seed, is gross, however subtle.
  47. When the chitta or the mind stuff or the interplay of the qualities of the centres are so re-educated, when wisdom units are gathered in the proper proportions, the 4<sup>th</sup> stage of cosmic consciousness is reached as seen earlier in the book. This is the farthest a person can go in human form on the physical plane.
  48. For human consciousness, the truth revealed is absolute at that stage considering by human standard and is relatively absolute.
  49. This perception is unique and sec. I of the mind has not jurisdiction i.e. the qualities of each sec. Of the mind are completely different and as such what sec. IV of the mind reveals; sec. I of the mind cannot reveal or even understand.
  50. It is a different kind of perception and sec. IV of the mind supersedes sec. I, II and III of the mind in every way.
  51. (Refer book) when we realise that even this state i.e. the 4<sup>th</sup> stage of cosmic consciousness is not an advanced state and we go beyond it, then from human standpoint we reach the state of pure samadhi i.e. freedom from human limitations of all kinds and freedom from birth on this planet or in our solar system.

Take this parallel thought from Geeta for serious thinking :

“That which is at first like nectar because the senses revel in their objects, but in the end act like poison – that pleasure arises from passion.”

“While the pleasure which from first to last merely drags the senses, which springs from indolence lethargy and folly – that pleasure flows from ignorance.”

“Which at first seems like poison but afterwards acts like nectar – that pleasure is pure, for it is born of wisdom.”

“There is nothing anywhere on earth or in the other worlds which is free from the three qualities – for they are born of Nature.”

## **Book – II**

1. This is the beginning of Yoga beyond or rather after crossing over the no man's land.
2. The secs. II, III and IV of the mind begin to develop fast and so many of the obstacles experienced through sec. I of the mind are eliminated.
3. These are the interplay of the qualities of the centres of sec. I of the mind and constitute hindrances or avidya or ignorance of the law.
4. We have clearly seen in Part-I (refer book) that avidya i.e. ignorance of the law and not sin or crime is the word to be used for all human conditions.
5. Avidya is the perception of the sec. I of the mind through the running or continuous interplay of the qualities of the centres and that too in absence of the corrective methods and disinfection chamber and the three step rhythmic breathing and other disciplines and therefore that which is perceived by sec. I of the mind is thus all confusing.
6. In the absence of the development of sec. II, III and IV of the mind, the wonders of the inner, the psychic and the cosmic worlds are not known and not knowing enough the sec. I of the mind arrives at incorrect conclusions as is very natural.
7. Desire is the effect of the interplay of the qualities of the centres of sec. I of the mind or chitta.
8. Hate is nothing but a peculiar inter-play of the qualities of the centres of sec. I of the mind or chitta.
9. As long as sec. II, III and IV of the mind are not formed and the technique of closing sec. I of the mind during their respective process is not practised, it is natural for any human being to be attached to the physical world of form in its various fascinating ways. However learned the man, he is still helpless under these circumstances for worldly knowledge or technical knowledge does not free the man.

10. These can be realised and when we automatically remove this play of qualities of the sec. I of the mind, even sec. II of the mind will help us enormously. Herein also come the corrective methods.
11. We have said repeatedly that meditation or concentration is possible for secs. II, III and IV of the mind only, and so these activities of the interplay of centres and the processes of different sect. Of the mind cannot simultaneously take place i.e. either sec. I of the mind i.e. chitta is closed and silenced or sec. II, III and IV of the mind is closed.
12. We have seen that the reaction to the coded impulses i.e. decoded thoughts are either expressed or unexpressed or suppressed and constitute pure motive, this is what we call Karma and not desire which follows this pure motive state and neither action which follows desire is actual Karma. This creates resultant intensity which must go to its source and return (refer book). Depending on the length of cycle the fruition will take place either in this life or in some later life.
13. So long as the necessary wisdom units in their proper proportions are not gathered and the 4<sup>th</sup> stage of cosmic consciousness is not reached, so long the bondage in some manner is in this human form in our solar system and on this earth.
14. Good and evil have no meaning, but it means that the resultant intensity is minus or plus i.e. the interplay of the qualities of the centres does lead one towards the wisdom plus unit or does lead one away from the wisdom plus unit. That which leads towards it is good and that which leads away from it is evil in descriptive language.
15. All states in human form below the fourth stage of cosmic consciousness is so much limitation and hence painful in some manner. These states result from the limitation of either of the secs. I, II or III of the mind and can be described as “producing consequences, anxieties and impressions.”
16. Most important and at the same time the greatest promise to man from God and Nature sage Patanjali is informing us distinctly and in clear language, and that in that man is given free will which he can use wisely so that the pain due, because of the accumulation in the past of minus resultant intensity can be warded off by corrective methods and disinfection chamber and the three step rhythmic breathing and the other disciplines as explained in the book and creating of plus wisdom units consciously which automatically prevent pain from reaching us.
17. All knowledge based on the interplay of the qualities of the centre of the sec. I of the mind or chitta is incorrect and is avidya and so gives the impression.
18. That which is exclusively known through sec. I of the mind or chitta, has the interplay of the qualities of either intellectual, emotional or sex centre, i.e. coded

impulses received from sense organs and decoded. Proper use of corrective methods will give eventually liberation i.e. these centres themselves become the stepping stone for the eventual liberation when corrective methods and other disciplines (relating to them) are introduced. The same chitta then becomes the cause of liberation.

19. The division of the interplay of the qualities is four-fold as expressed.
20. The subtle essence at the fourth stage of cosmic consciousness makes use of sec. IV of the mind (refer book), but before that stage is content to view through that sec. Of the mind that is developed by that time.
21. All that exists is for the Chairman, i.e. the Atman or the Lord within.
22. The man who has reached the 4<sup>th</sup> stage of cosmic consciousness may not take a human form in our universe, if he so chooses, but for those below that stage it is essential and compelling according to law and in poetic language it amounts to "has ceased to be."
23. The association of the subtle essence is with the secs. below the IV sec. Of the mind and thus that which those secs. of the mind perceive produces an understanding (through sec. I of the mind) of the nature of that which is perceived and likewise of the perceiver.
24. (Refer 23 above) This stage is not free from a certain sense of avidya. One has to go beyond and to the fourth cosmic stage (refer book).
25. When one can go up to and beyond the IV sec. of the mind and therefore, up to and beyond the stage of fourth cosmic stage, (the highest possible within the radius from here to star Canopus) is for a human being the great liberation.
26. The state of bondage of the last kind (refer 25) is overcome through perfectly proportionate accumulation of wisdom units.
27. The illumination achieved is seven-fold and is attained progressively.
28. When the means to Yoga have been steadily practised and when sec. I of the mind or chitta is re-educated by corrective methods and other practices as outlined in the book enlightenment ensures leading up to full illumination.
29. The eight means of Yoga are: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharna, Dhyana, Samadhi. Beyond the first four, which together constitute pranayama, it is not possible to go without putting into operation the corrective methods and other disciplines as explained in book X. Pratyahara is as we have seen the no man's land stage. Only after that stage is dharna i.e. concentration

- dhyana i.e. meditation and samadhi i.e. identification is possible. This is done by sec. II, III and IV of the mind respectively.
30. Yama, as explained by sage Patanjali is the moral aspect or the five commandments (or the corrective methods and other disciplines and are to be followed as explained in the book).
  31. Yama, as Sage Patanjali says, “Constitutes universal duty and is irrespective of race, place, time, emergency and circumstances.” One cannot take a holiday from the more side of life even once in a life time.
  32. Internal and external purification, contentment, fiery aspiration, spiritual reading and devoting to Ishvara, constitute niyama. It should be noted once again that it is not enough if not followed by the corrective methods and other disciplines.
  33. When thoughts contrary to Yoga are present, there should be the cultivation of their opposite i.e. minus resultant intensity thoughts by corrective methods should be changed to plus resultant intensity. The implementation of the corrective methods is essential.
  34. Thoughts contrary to Yoga in short are those that create the minus resultant intensity. For this reason the contrary thoughts must be cultivated i.e. thoughts creating plus resultant intensity could be consciously cultivated (refer book). Minus resultant intensity brings about .....only and is due to avidya or ignorance of the law, again we see the need of implementation of the corrective methods.
  35. }
  36. } Sage Patanjali explains or rather describes the effects plus wisdom
  37. } resultant intensity. This is from one to for eight plus wisdom units
  38. } and is described at length in these and in the following many other
  39. } slokas.
  40. Internal and external disciplines produce repulsion to the original resultant patterns due to the vibrational tone of the plus wisdom units either should these pattern be our own or of some one else.
  41. When fourth cosmic stage of the fourth sec. of the mind I reached, a quiet spirit, concentration, conquest of organ and ability to witness the subtle essence results (refer book).
  42. As a result of understanding bliss is achieved.
  43. Reaching or developing sec. IV of the mind (refer 41) presupposes the possession of powers.

44. Use of sec. IV of the mind results in a contact with the subtle essence.
45. Through bhakti yoga let and 2<sup>nd</sup> stages of cosmic consciousness are reached as explained earlier.
46. Poise of the body and mind should be steady though easy.
47. This is possible by following the programme and the cor..... active methods and other disciplines as explained and very regularly too.
48. When this is achieved, the pairs of the opposite i.e. the functioning of sec. I of the mind or chitta i.e. the interplay of the qualities of the centres no longer limit.
49. When the no man's land is crossed over, right control of prana or impulses and proper inspiration and expiration follows, i.e. the whole art of pranayama is possible.
50. Right control of prana impulses is external (before no man's land) internal (after the no man's land) and notice less when the 3<sup>rd</sup> sec. of the mind is formed, it is subject to place, time and numbers i.e. to plus resultant intensity and is protracted or brief.
51. There is a fourth stage (i.e. beyond sec. III of the mind as stated above i.e. the fourth stage of cosmic consciousness) which transcends all other phases.
52. Through this i.e. secs. III and IV of the mind i.e. 1<sup>st</sup> and 2<sup>nd</sup> cosmic stages and 3<sup>rd</sup> and 4<sup>th</sup> cosmic stages, that which obscures the light (of illumination) is gradually removed.
53. The portions of mind II, III, IV are prepared for concentration, meditation and Samadhi respectively.
54. Pratyahara is the no man's land. Corrective methods and other discipline are followed and so comes the balance within between the centres.
55. As a result of these means there follows the complete re-education (subjugation) of sense organs and of the mind stuff or chitta or sec. I of the mind.

Take this thought for serious thinking.

“That which is given at an unsuitable place or time or to one who is unworthy, or with disrespect or contempt such a gift is a result of ignorance. And that which is given for the sake of the results it will produce or with the hope of recompense or grudgingly, that may truly be said to be the outcome of passion.”

“The gift which is given without thought of recompense, in the belief that it ought to be made, in a fit place, at an opportune time and to a deserving person – such.”

## GEETA

### **Book – III**

1. Concentration is the steadying of chitta or mind stuff i.e. sec. I of the mind and opening of sec. II of the mind. This is the beginning of dharna or concentration.
2. Further progress to sec. III of the mind in the same way is dhyana or meditation.
3. Further progress to sec. IV of the mind in the same way is Samadhi or identification when the mind goes beyond the form and to the actual purpose behind the form.
4. When portions of mind II, III, IV are made use of; the fourth stage of cosmic consciousness is achieved.
5. As a result of this illumination follows.
6. This illumination is gradual. Very naturally the progress is slow.
7. The last three i.e. the stages of dharna, dhyana, samadhi are possible only after the crossing over from that critical certain stage and the No Man's Land before which the first four steps have to be mastered.
8. Even the fourth cosmic consciousness stage of the four sec. of the mind is external (refer book) and one must go beyond. The 4<sup>th</sup> stage of cosmic consciousness thought is free from all human limitations as we understand in our solar system.
9. The sequence of mental states is as follows – The mind reacts to that which is seen (in sec. I of mind or chitcod impulses create the interplay of the qualities of the centres.) Then follow the moment of mind control (the disinfection chamber and the corrective methods are brought in). Then ensues a moment when the chitta (mind stuff) responds to both the factors (i.e. both the coded impulses and to decoded thoughts. Finally this is not essential (when by disciplines sec. II of the mind is formed the old method of sec. I of the mind is not essential and the perceiving consciousness has full (and then sec. II of the mind fully functions).
10. Through corrective methods and other disciplines, a proper habit of the mind is formed and there will eventuate a steadiness of spiritual perception.

11. When this is done sec. II of the mind is developed and concentration is possible and picture forming habit of sec. I of the mind is less and less indulged.
12. When the rhythm between the centres is maintained and the sec. II of the mind functions one pointedness results.
13. } Mind II reveals the wonders of the internal and the external worlds (refer  
} book)
14. } This sutra gives further description of what happens then. It is then  
} possible on looking at an object to simultaneously know; aspects,  
symbolic nature, characteristic an specific use in short what is called  
spiritual reading.
15. The versatile psychic nature i.e. sec. III of the mind, the thinking principle i.e. sec. II of the mind when formed point to the stage of development.
16. The sec. III of the mind reveals along with sec. II and of the mind the triple nature of every form.
17. The sec. I of the mind i.e. with chitta is in a confuse state and understanding is not possible for it is not the nature of sec. I of mind or chitta. When all the portion of the mind function, the subtle essence comprehends the form, the purpose and the keynote or sounds of all object.
18. } When the resultant intensity and resultant patterns are consciously  
} propelled and essence deviated (refer book) as required; knowledge
19. } of previous incarnations become available so also the thought images  
in the minds of other people become transparent (though never indulged  
in unnecessarily.)
20. On the 1<sup>st</sup> and 2<sup>nd</sup> stages of cosmic consciousness, the meditation excludes the tangible.
21. On attaining the 1<sup>st</sup> and 2<sup>nd</sup> stages or 3<sup>rd</sup> and 4<sup>th</sup> stage of cosmic consciousness powers are attained. It is difficult and even impossible to explain the processes of working these powers to a layman.
22. Resultant intensity has long or short cycles depending on the central point of return. Knowledge also comes from signs (as shown in the palm refer book).
23. }
24. }
25. }
26. }
27. } (Refer 21) Sage Patanjali describes such psychic powers of the mind
28. } sec. III.

29. }
30. }
31. }
32. }
33. }
34. }
35. Experience (of the pairs of opposites) or the modification of sec. I of mind or chitta prevents the subtle essence from distinguishing between personal self and purusha (or spirit). The objective forms exists for the use of the spiritual man. Sec. IV of the mind brings about the perception of the spiritual nature.
36. As a result of this (refer 35) the powers of clairvoyance clair-audience, psychometry, telepathy and other powers arise producing intuitional knowledge.
37. These powers are obstacles to the highest spiritual realisation however fascinating they be.
38. By liberation from bondage of the interplay of the qualities of the centres or through their weakening (i.e. by introducing the corrective methods and other disciplines) the creation of plus resultant intensity and patterns follow and a stage or a moment in time comes when it is possible to consciously propell the resultant intensity and patterns (refer book) and by deviating the essence one can experience any life and can even understand the mind of another by entering the other body and this knowledge is then transmitted to sec. I of the mind.
39. }
40. } (Refer 23 to 34) Sage Patanjali describes further such psychic powers
41. } of sec. III of the mind.
42. }
43. When the 1<sup>st</sup> and 2<sup>nd</sup> stage of cosmic consciousness is reached a stage arrives called discarnate i.e. freed from the modifications of the thinking principle. This is the state of illumination. Discarnate should not be misunderstood as free from limitations of the human body as here described.
44. } (Refer 23) Sage Patanjali describes further such psychic powers of
45. } sec. III of the mind.
46. By following the programme and disciplines over sufficiently long period comes symmetry and compactness of form balance of centres, poise of the mind and peace of the subtle essence.
47. Mastery over the senses and ever the constant play fo the qualities of the centres, further developes sec. II and III of the mind and meditation is made possible and

certain wrong qualities most natural to a human being are understood and even these harmful qualities thus have served their useful purpose.

48. When this happens, (refer 47) then comes rapidity of action i.e. perception independent of the senses and the labourious working of the centres.
49. The person reaches the 4<sup>th</sup> stage of cosmic consciousness and becomes omniscient (from our human standards but is a relative term). The distinction between soul and spirit must be understood (refer book).
50. By freedom from bondage of the interplay of the qualities of the centres, by a passionless attitude towards all powers of the secs. III and IV of the mind one attains the condition of isolated unity (refer book).
51. There comes a certain natural repulsion or rejection of all allurements from all forms of being (within the radium of our planet and star Canopies), even the celestial beings; but the possibility of the resultant intensity again changing remains !!
52. Mind II and III give intuitive knowledge and one is able to live in the eternal now.
53. Effects of intuitive knowledge is further described by sage Patanjali.
54. The intuitive knowledge possible through the development of sec. II and III should further progress and the sec. IV of the mind should also be fully developed, then a state of omniscient and omnipresent is reached (of course relative in relation to a normal human being) and the person is then able to live in past and future or in the eternal now.
55. When the fourth cosmic stage is reached liberation from human form and limitations results because both the physical and metnal i.e. inner and outer purity is achieved.

Take this thought for serious thinking;

“Nature is the Law which generates cause and effect; God is the source of the enjoyment of all pleasure and pain.”

“God dwelling in the heart of Nature experiences the qualities which Nature brings forth; and his affinity, towards the qualities is the reason for his living in a good or evil body.”

“Thus in the body of man dwells the Supreme God; he who sees and permits, upholds and enjoys, the highest God and the highest self.”

“He who understands God and Nature along with her qualities, whatever be his condition in life he comes not again to earth.”

## GEETA

### **Book – IV**

1. The higher and lower Sidhis are gained by incarnation or by drugs, or tranquilisers and other harmful such substances, words of power, i.e. japa or intense desire i.e. one pointed practice or by meditation, i.e. by corrective methods and other disciplines (refer book).
2. The transfer of consciousness from sec. I of the mind or chitta to sec. II, III and IV of the mind i.e. development of brain portions I to II and further development of brain portions III to IV is evolution and not as we understand, the accumulation of knowledge or cumulative knowledge. This is done (refer book by corrective methods and other disciplines. This Sage Patanjali says “Is part of the great creative and evolutionary process” constantly going on and the prophets of doom may remain at ease now.
3. The corrective methods and other disciplines are not the true causes of this transfer of consciousness but they serve to remove the obstacles i.e. they serve to develop secs. II, III and IV of the brain and mind.
4. Interplay of the qualities of the centres of sec. I of the mind or chitta creates the “I am” consciousness.
5. Consciousness is one harmonious whole whether of the portions of mind I, II, III or IV. Yet the consciousness or chitta or sec. I of the mind produces the “varied forms of the many.”
6. Among the forms which consciousness assumes only that which is the result of mind IV is free from latent Karma and so also that of mind II.
7. The activities of the liberated soul are free from the interplay of the qualities of the centres of sec. I of the mind or chitta. Those of other people below the 4<sup>th</sup> stage of cosmic consciousness are of three kinds i.e. due to sec. I, II and III of the mind.
8. From these three kinds of Karma or pure state motive of the three centres intellectual, emotional and sex emerge; those forms which are necessary for the fruition of the effects (refer 7 above) emerge.
9. This is worth the study. There is identity of relation between memory and the effect producing cause, even when separated by species, time and place. So long

as sec. III of the mind is not developed, the deep memory records are not opened consciously (except by some artificial means hypnoses or drugs etc. – refer book) but if opened by conscious development of sec. III of the mind, one can see certain relation existing between effects and cause because the memory records are opened and though now one may find oneself in completely different, circumstances as Sage Patanjali says, “separated by species, time and place,” we realise how the law works.

10. Till the conscious efforts are not put, till the corrective methods and other disciplines are not put into conscious operation, man lives (and must live) in the interplay of the qualities of the centres of chitta or sec. I of the mind however educated a person may be and however happy a person may be with sec. I of the mind civilisation of today. This will go on for a long, long time and a day will dawn when the change for the better will be sought after by our so called advanced humanity.
11. Sage Patanjali explains how it all works (Refer 10 above). Only when finally sec. IV of the mind is developed full “these cease to attract,” wonderfully well does Sage Patanjali explain.
12. Those who seek refuge in the word “Maya” should try to understand this. Maya should only mean the less permanent and the less essential. Let us therefore whole heartedly set about doing our duty. The promise holds latent see of future quality and it is up to us to see to that.
13. The interplay of the qualities of the centres Intellect, Emotional and Sex colour all characteristics whether latent or patent.
14. As long as this interplay of qualities of the centres go on without the corrective methods and other disciplines so long is this manifestation of the objective forms necessary!
15. These two, i.e. consciousness and form are distinct and separate (refer book). This is one of the most important of sage Patanjali’s sentences, “(though form may be similar, the consciousness may function on different levels of being)”. All human beings for example are human beings with the same potential within them but most of them function on the various grades of consciousness of sec. I of the mind. Some function on the various grade of consciousness of sec. II of the mind. A few function the various grades of consciousness of sec. III of the mind. Rare sons of man function on the various grades of sec. IV of the mind. No one can function beyond the fourth stage of cosmic consciousness on this earth in human form (refer book). Beyond that no form is required as a human being nor birth necessary in our solar system.
16. The chitta or sec. I of the mind with the interplay of the qualities of centres creates this condition as explained by sage Patanjali.

17. All cognition depends on the stage of consciousness and hence all the interpretation of life as presented by God and Nature and as understood by an individual.
18. The subtle essence is called the Lord of the mind (whole mind) and is aware of the activities of all the four secs. of the mind, but has to function through the mind that is developed and above all wait till the full development takes place. It is the Law.
19. All the secs. of the mind including the fourth sec. of the mind is not the source of illumination for it is seen or cognised by the “Lord of the mind.”
20. Sec. IV of the mind can understand the other sec. of the mind but not itself, just as chitta or sec. I of the mind cannot understand itself but be understood by sec. IV of the mind. The subtle essence can in turn understand all the four secs. of the mind (Note it is understood that for the limitation of language we call four secs. of the mind, it is in fact one mind just as brain I, II, III and IV are the four portions of the whole one brain) and at no stage is to misunderstand as different minds.
21. We cannot go beyond the fourth sec. of the mind stage in human form. By that stage it is unnecessary to have a higher mind if we have to function further; (i.e. actually we discard the thought of a second separate mind), for human existence would on the contrary tend to confusion instead of clarifying the matter; for mind after mind were to exist, it would get confused to understand the higher aspects beyond the 4<sup>th</sup> cosmic consciousness stage.
22. When all that is revealed by the consciousness of sec. IV of the mind with the help of the subtle essence and when the same is conveyed to sec. I of the mind or chitta to be translated in understandable language; comes the consciousness of Self. But it is the subtle essence the Lord of the mind that ultimately conveys the higher aspects only after the 4<sup>th</sup> sec. of the mind is developed.
23. Then illumination and conscious understanding follow.
24. Sec. I of the mind or chitta only on this physical plane has finally to grasp what is cognised by sec. II, III and IV of the mind with the help of the subtle essence. It is the unifying agent and draws knowledge of illumination on the physical plane.
25. The person who can consciously shut out any one of the four secs. of the mind or the one necessary and consciously propel resultant intensity and resultant patterns; “knows” and truly knows (refer book).
26. With the passage of time such a person moves too greater illumination; on the way he discriminates and understands the true nature of all things created.

27. Ages of wrong habits of sec. I of the mind or chitta will have the natural tendency, yet to continue the interplay of the qualities of the centres and even the very wise can make mistakes even now at this stage, such is the mind of man. (Refer book, the fan switch).
28. Whenever what is stated in 27 above happens, the same steps are to be taken; viz. Correct methods, disinfection chamber, and three step breathing etc.
29. When a person moves towards the highest consciousness without any motive except for the sake of being a human being and because of being a human being the cannot help living that way of life, discarding illumination stage or the isolated unity stage. (Refer introduction of book), will be able to go even beyond the fourth stage of cosmic consciousness and enter the fifth Kingdom of Nature.
30. When this stage is reached, existence in human form on earth or in the solar system is not necessary (unless voluntarily and consciously taken).
31. When the resultant patterns are corrected and reduced (refer book) and when the resultant intensity is in proper proportions of many wisdom units, when corrective methods and three step rhythmic breathing becomes natural and other disciplines are inculcated; then fully develop the physical, emotional and mental bodies or (sheathes) (refer book) naught remains for the man in physical form (refer 30 above).
32. The interplay of the qualities of the centres cease, for they have served their purpose and man the human being has been now re-educated and now the man goes beyond to accumulate fresh experience elsewhere, for richer existence beyond the star Canopus.
33. When this is possible, the person functions on faster than light plane and in human terms he is simultaneously aware of the present and past and future and time is visible as it ever was and ever will be, because the whole eternity is visible i.e. have a new perspective and the tape-recorded type of knowledge of sec. I of mind or chitta ceases to give its original wrong meaning like the moving cinema film as we now normally understand time during present most of our existence.
34. The state of isolated unity now exists. Chitta or sec. I of the mind is completely at rest. Even sec. II and III of the mind do not interfere and sec. IV of the mind alone does function and its mechanics are quite different especially from those of sec. I of the mind, but now the subtle essence needs nothing. The pure spiritual or cosmic consciousness of the fourth cosmic stage prevails the subtle essence fully, seemingly exists alone.

Take this thought for serious thinking,

“The Sage, whose mind is unruffled in suffering, whose desire is not aroused by enjoyment, who is without attachment, anger or fear – take him to be one who stands at that lofty level.”

“He who wherever he goes is attached to no person and to no place by ties of flesh; who accepts good and evil alike, neither welcoming the one nor shrinking from the other – take him to be one who is merged in the infinite.”

“He who can withdraw his senses from the attraction of the objects, as the tortoise draws his limbs within his shell – take it that such a one has attained perfection.”

“The objects of sense turn from him who is abstemious. Even the relish for them is lost in him who has seen the Truth.”

**GEETA**

## **CHAPTER – XVI**

### **SOME PERTINENT QUESTIONS ANSWERED**

“Two birds, bound one to another in friendship have made their homes on the same tree. One stares about him, one pecks at the sweet fruit.”

Q.1            The famous and oft repeated sentence “All men are created equal and are equal in the sight of God,” is it true ?

Answer:        It is very true provided we add a few amendments with our reader’s kind permission. All men are created equal in as much as the ultimate height attainable for all is the same. That all men are equal because of their hidden potential, because of their divinity which is hidden in each being. They are also equal in the sight of God for below the 4<sup>th</sup> cosmic consciousness stage all men do err in one way or the other and He therefore looks at all the erring men with equal compassion whether it be the mistake of being under a wrong combination of the Emotional and Sex Centres or it may be the mistake of accumulating plus wisdom units of the emotional centres only even though it does lead one to the 1<sup>st</sup> and 2<sup>nd</sup> stages of cosmic consciousness. Besides this, the Supreme God from our stand point; is a God with limitation and has another God far too high up and who can also judge Him. (Forgive us for introducing this crazy thought). We mean the Absolute is so grand perfection of Absolute reflected down the ladder and in our misunderstanding we call one of these, “God.”

Q.II            “One predominating weakness like a parasite feeds” and in spite of all understanding the mind is still carried away, why is it so ?

Answer:        We have seen earlier that sec. II of the mind is not formed as long as cells do not evolve further from sec. I of the mind and when sec. II of the mind starts functioning then only a man is able to witness at first and later understand the wonders of the world within and the revaluation of the things of the world take place and the wonders of the outside physical world are replaced by the wonders of the inside world! Till this is not possible, the sec. I of the Mind will play with its toys. The toys of sec. I of the mind are the four centres and their interplay of qualities at different levels and simultaneously at many levels creating a resultant intensity whether plus or minus.

In absence of a method, or corrective methods it will go on playing as it likes and be happy with the enjoyment of its seeming free-will. Now if a particular pattern repeats and repeats, it is like a parasite that feeds. The sec. I of the mind may even understand this process yet it will happen i.e. even in the initial stage where one starts the corrective methods in spite of this it will repeat. It is like putting off the fan switch and yet the fan rotates for sometime before it comes to a stop depending on the speed and the ball-bearings used! In the same way when corrective methods are introduced it is like putting off the switch but the speed of repetition of the pattern or patterns concerned before introduction of the corrective methods will determine how long

it would be. Till that time they continue to oppress the mind that has now reached a particular understanding!

Q.III            Should one put in efforts or because it is going to happen i.e. if it is predestined should one refrain, especially are 1000 efforts more fruitful and greater than 100 in their ultimate yield? And is it true that unless one is destined one will not put in the efforts to self improvement?

Answer:        It is not true that if instead of ten efforts, a hundred are made or a thousand are made, the result could be more promising. It is indeed a very pleasant and positive attitude as compared to one who looks woe-be-gone and says, “what is the use, if it is destined, it will happen.”

To answer this question we must first ascertain where the person is (1) below that critical certain stage, or in no man’s land or past the no man’s land; (2) whether the person concerned is putting in the corrective methods, the rhythmic breathing etc. (3) whether it is preplanned by the person (4) whether the person is free to exercise real free-will.

Persons below the Critical Certain Stage cannot avert the incidents for the resultant intensity will gather all that is in affinity and bring it to the person in cyclic away. The only way to ward it off, is to change the resultant intensity and make it a plus resultant intensity. And to do so, one has to work sincerely on every coded impulse that comes in along with the rhythmic breathing and the rest of the disciplines as explained in Part-I of the book. Remember what Lord Buddha has said, “There is pain, there is a cause of pain. This cause can be removed” or as sage Patanjali says, “Pain, which is yet to come, can be warded off.” But there is no other way. Without changing the resultant intensity ten thousand attempts will not help and if one were to sit idle and say “What has to happen will happen,” then for eternity on eternity there is no change, unless the person concerned takes up the question of self-evolution seriously and proceeds sincerely. We say dear reader, there is no other way, only because, you have free-will and you must exercise your free-will to change the resultant intensity. If you had no free will, God would certainly keep you happy in a permanent sort of paradise but we human beings would be so many happy domestic animals without free-will or like animals in a fine zoo !! We can have paradise after making a proper use of our free-will and in that case we shall have both free-will and paradise and we shall be human beings too !! The urge to self-evolution is not destined – it is always possible. Our inertia be fools us into believing it to be true.

Q.IV            Why do we find a certain innocence about a child, its face, hands, movements whether awake or asleep ?

Answer:        In the child sec. I of the mind begins with the resultant minus or plus intensity as previously evolved, but is in the nebulae state for quite sometime though with

forming of the new patterns and recollecting of the old past patterns it quickly crystallises; but it takes time. During this formation period, portion of mind II has to function as the sec. I that takes care of internal functions in a human being in its half complete state for the internal wonders are to be carried out, right from birth. This sec. II of the mind whether half complete or complete is free from emotional and sex resultant intensity and as such is in that crystal stage which is reflected in Child's body and movement. As more and more sec. I of the mind is forced, more and more sec. II of the mind (half complete) hands over charge, the less and less innocent does the child look. Also please note that at this stage which is 18 months to 30 months of a child's age, the child unknowingly could be a savage because sec. II B may not be developed at all.

Q.V                      What happens if one has no desire to read or discuss a book like this ?

Answer:              It is true and quite proper for each one to have a distinct taste for certain type of reading matter or discussions on certain subject and no one should be forced into a book like this. It is our experience right from school that student with the same intelligence is brilliant in one subject and because a particular subject does not "appeal" is backward in another subject. For the sake of passing an examination a student might temporarily force himself but not beyond that.

The purpose and benefit of a subject normally is to enrich the mind. It may be also a little useful in earning bread and butter. For the same reason there is a simple story of Shri Ramakrishna. A person approached Shri Ramakrishna and said that though he did try hard his mind never got fixed or interested on to the Lord, but wavered every time. On hearing this Shri Ramakrishna who was then taking his bath in the river, pushed the man under water and held him there till the man was frantic and gasping for breath and then released him. Shri Ramakrishna asked him "What was the only thing you wanted when I held you under water"? "Breath", said the man. "Well", said ramakrishna, "If you feel the same way about God, come to me and I assure you that your mind will never waver." In the same tone we can say that unless someone does not feel inclined towards his own freedom from bondage that high intensity it is no use putting a book like this in his or her hands. But a day always comes when sec. I of the mind feels suffocated and sec. II of the mind is by that time formed fully and thinks for sec. I of the mind. Later on with the passage of time secs. II and III of the minds will all reach the point of suffocation likewise and ask for release from their respective greater or lesser bondage.

Q.VI                      Is it true that the wild animals do not attach a holyman ?

Answer:              This is an interesting question. All the so called wild animals are nothing but the demonstration of sec. I of the mind working with very limited number of patterns (as against an immense number of patterns as is the case of an average human being) and at high minus intensity.

Mostly these patterns are within the limited range of Emotional, Sex and Moving Centres, a few that repeat times out of number i.e. more incessant than the most repetitive pattern in a man and have a minus resultant intensity. The Intellectual Centre's Director has permanently changed the ..... and gone over to the Emotional and Sex and Moving Centres in the wild animal group. The resultant intensity is always a great or very high minus and it has its own potential and personality and power if it reaches a total of a minus wisdom resultant intensity and some wild animals collect two minus wisdom unit and become powerful like one of the fourteen types explained earlier in case of a human being.

The wild animal therefore resembles a man who has acquired a great minus resultant intensity and has acquired some powers. Before such men and such wild animals, an average man can never hold his ground but a man with one or two or more plus wisdom units can neutralise the score and if the score of a holy man is more than the minus score; both such wild animals and men with high minus resultant intensity retreat or behave or surrender by sheer instinct. No physical courage is necessary in a holy man with high plus resultant intensity. Such a man may not be aware of a wild animal's presence but the wild animal will keep away even if it were a snake or a lizard that is small and poisonous. A person's high plus resultant intensity is a guarantee against all injury or attack by any wild animal or poisonous insect or snake or lizard or even plant or poisonous food. The plus and minus resultant intensities are mathematical figures and figures do not err on any plane. If the final answer is plus, the holy man wins, if the final answer is minus, the wild or poisonous creature wins. It is the survival of the fittest !

**Q.VIII**            One married person complains that when the partner loses temper this person also loses temper and what could be the remedy ?

**Answer:**        Old people often used to tell us to count ten when feeling annoyed or feeling like losing temper. However, you feel that it is no remedy and we say suppose it is no remedy and we substitute counting ten by a simple sentence. If you find someone angry with you say, "I will speak to you after a few seconds if you do not mind." If possible make a move and be away or go to another room for a few seconds and come back. Then open the subject by asking the question, "What were you telling me"?

The person will boil up again but by now the intensity is less. This technique must vary every time. The basic idea we hope is clear; because by now other half a dozen or more thought patterns at different levels are having also their interplay between the qualities of the centres. If your tone is pleasant, the person is bound to be in a better frame of mind, and the volcanic eruption between the two is avoided. Further, if you are in the habit of putting corrective methods and disinfection chamber to use, there is no reason why you should not find it easy now to handle the other person. Remember if you put up a large plus resultant intensity early, the chances of such a blow-up will be less.

(Later on we come across secs. III & IV of the mind that allow us to fulfil certain preconceived drama and create a show of wild temper, but that is far too distant a cry for this present problems.)

Q.VIII            If a man had to die and be born again, why not extend his life and keep him fit to live as in middle age for an eternity ?

Answer:           On the face of it a very sensible suggestion; but consider if a certain resultant intensity were to bring about a certain disease or a certain pain uninterrupted by any period of oblivion; we do not know how many of us will face the situation!

Besides this the longer the patterns repeat in some routine manner, greater the momentum they gather and the greater the task during the corrective period. We recall here the putting off of the fan switch. Even after the switch is put off, the fan rotates for a long time.

But the most important reason is that at a time the whole of the human race is not on earth in the physical state and if all were here this planet would be too small a place and our problems today would be nothing in comparison to what they would otherwise be. It would require a planet of the size of Jupiter to house our humanity.

Q.IX              Is Karma hastened when a person makes efforts at progress and is the person crushed under the accelerated Karma ?

Answer:           Our meaning of the word Karma is the pure motive state of a decoded incoming coded impulse. It may be a high or low minus or high or low plus intensity. No sooner a person decides to progress along the path the first weapon used by that person normally is The Will. We have seen in Part-I of this book that the intellectual centre every time it makes an effort to impose its will, meets with an opposition from other centres, with the result that each time it returns to the Intellectual Centre weaker and the score becomes minus.

It is not true that past accumulated Karma (i.e.) Karma, as understood, as activities and results of activities or misuse of free will and return of destiny) can accelerate. God's and Nature's immaculate laws abide by movements and periods known as cycles or tides. These cycles could be long or short but at His sweet will or Divine Will neither God nor Nature can change a law or its operation.

We pay too much attention to our little self and expect God and Nature to change her laws or His laws to suit us and expect everything else to disobey natural laws as if by a special decree; because after an age we decided to live correctly! It is true, Nature is happy at the thought of your kind decision but there must be a limit to our expectations and especially when it comes to "grace". All sorts of learned argumetns we

hear but let us be honest and ask what wonderful service have we rendered to God and man, we who would not easily forget or forgive an insult? Above all else know that what in our time scale is a few years; is to Nature an impatient moment! What is most amusing is that, to us ages of wrong living mattered not, and now that we have decided to take the road to self-evolution, many have done so before you and are far ahead and many every day do so, but the feeling registered is due to the wrong manner in which the intellectual centre issues orders.

Q.X                People who are credited with cosmic consciousness talk of wheels or eternal wheels; of chain of causation, what is the consciousness of the cosmic ?

Answer:        To be honest, we do not know and cannot know what each man sees and understands and interprets, when having the glimpses of the cosmic consciousness planes. Normally, cosmic consciousness is a glimpse in the consciousness of the cosmos i.e. life and order of the cosmos. At the 4<sup>th</sup> stage of cosmic consciousness, it is a sight and a partial understanding of a very minor fraction of the cosmos but at the 1<sup>st</sup> and 2<sup>nd</sup> stages it is always a flickering awareness of the Solar System, causation.

                  However, so many other causations are involved, because the entire creation is inter-dependent, that one link leads to another and yet another and that unless it is the clearer 4<sup>th</sup> stage consciousness, it is even difficult to understand and much more difficult or impossible to explain.

                  Normally what is expressed by most is the freedom of bondage from earth life, a moving at liberty in the Solar System, a freshness and vastness of comprehension and the clarity of vision as compared to earthly vision and comprehension. What they see is the basic chain of causation, the basic cause of human bondage, the binding cause or pain and limitation of earth knowledge or the excellence of sec. I of the brain and mind. Finally, they see in the 1<sup>st</sup> and 2<sup>nd</sup> stages of cosmic consciousness very graphically the instinctive centre, the working of the entire inside of man! The centres, their interplay of qualities and their working etc. The centres being energies meeting and revolving at different speeds present a wonderful spectacle seeing which for the first time, many misunderstand. Later, when most of the points within seem to whirl and look luminous, they are all mistaken for heavenly bodies! Like a new born baby, those persons taking birth i.e. functioning on the cosmic plane during their early experience take some time to understand their new found world and freedom and set their new found sight and perspective.

Q.XI              Is it true that people who acquire the cosmic sense are not able to express their thoughts?

Answer:        In most cases of cosmic sense the persons concerned have a brief moment and though these brief moments be many, they do not get a sufficiently long stay to understand. All such cases of which we can cite a few names, John Yepes, Las Casas,

Dente, Plotinius, Bacon, Jacob Bohmen, Balsac, were voluminous in their praise and ecstasy.

What they normally described are the scenes on the journey and not the destination, for which a much longer duration of stay on the cosmic 3<sup>rd</sup> or 4<sup>th</sup> stages is necessary.

The coming generations will surely witness more and more of balance with longer duration of stay on the Cosmis Planes. The sons of man to come will see and understand better than what the sons man have seen or understood so far. In most of the past cases there has been no balance of plus wisdom units, but the emotional plus intensity has been very high. This is the main reason for looking upon the physical body and brain as animal and brutal.

They use phrases and words like “house of its sensuality” and complain “this sublime condition is not of a permanent duration.” With the balance of the wisdom units (not less than eight) one reaches the third stage of cosmic consciousness and then a person is able to remain longer and is very conscious of that world and to some extent also conscious of this world and the realisation is more complete, so that his body, mind and world are never considered as obstacles, animal, lower or brutal or sensual or even as maya as illusion but maya as transient.

Q.XII            What is that resultant intensity (minus or plus) in rhythm or out of rhythm?

**OR**

Q.XII            If so much depends on resultant intensity what is that resultant intensity and its effects ?

Answer:        It is apparent that all creation visible or invisible which we can express as God manifest has resultant intensity. If God manifest, has resultant intensity, all resultant intensity however much it may be minus or plus at different places could never be good or evil. Therefore, the words good and evil have no meaning. It is to call hot, bad and cold good or cold, bad and hot good, depending on the occasion.

In one particular context the present age or the present times on our planet and the days following, present the greatest opportunity and let not the prophets of doom with their limited knowledge cry out “Beware the end of the world is at hand” !!

Of the many, there are two basic laws which we should always remember viz. (1) Nature and God never give or rather never allow a resultant intensity so acute together or add up as to be unbearable by a person, an element, or an area, (we say area because just as on a planet or the sun; in the space in between also, intense minus or plus resultant intensity areas exists) (2) Before we men were created in physical form, there

lived a race of human beings who went through as great and as poignant and as glorious an evolution as we are experiencing today and they had their doubts and fears and their prophets of doom also.

The power and mind of God and Nature behind all this play have the knowledge and the power and the understanding for surpassing the utmost we can hope to possess one day even if the entire present human race were to pool their intelligence and spirituality.

We have faith, that day follows night and we have faith that though earth is not supported and only held by the magnetic and gravitational pull of the Sun it will not fall; the Sun is itself unsupported and is held by the magnetic and gravitational pull of another mighty Sun and that Sun in its turn is also not supported, ad infinitum. If earth is floating in the deep ocean of ether that deep ocean of ether has no bottom. Yet we doubt not that the earth will fall or that ocean of ether will dissipate or spill itself. We see the stars and the sun and moon hang on without any steel ropes and doubt not that they will fall. We have more than faith, we have conviction on these points! We say seeing is believing. Yet after seeing all these we do not believe with any conviction that there is a force; power, mind and law behind all these and we are asked that have faith in God!

We believe that this person is my father and this person is my mother and yet no child born, has seen and recognised! It all accept without hesitation but for God we should have faith or we must have proofs! If we expect times to change for the better we are asked to have faith, we say that time will heal and remedy but we do not ourselves make any serious attempts for a change. This resultant intensity, dear reader, let it be twenty minus wisdom units but with that tremendous might or power or potential you have; you are able to add plus intensity at every thought pattern and go ahead towards that goal – that critical certain stage. If we have erred before, let us expect a certain result; let us welcome the result or prevent it if you can prevent it, by some corrective methods, if we happen to know these methods also let us operate the methods. If we do not know let us welcome the result; but like slaves before the whip of tyrant, let us not cringe, let us not forget the dignity and the divinity of man.

This resultant intensity has some basic traits: -

- (1) It moves at a speed in ratio of the intensity.
- (2) It reaches its source and returns and the stay at the source is in the same ratio.
- (3) Sometimes on the way it may meet the exact resultant intensity of a person and immediately return.
- (4) It may gather on its return journey the resultant intensity or other similar, resultant intensity of other elements or persons or areas.

- (5) It is intensified or reduced at each coded impulse translated to decoded thought.
- (6) It remains as the final resultant intensity also and behaves in the same manner, (as what we call death) as stated in No.4 above.

This resultant of each coding and decoding is a passing result at a given moment. The total resultant up to that moment of life from birth is the main resultant, the resultant at birth is the basic resultant and the resultant normally possible up to the moment of death or the final resultant is the resultant potentiality, the possibility of even reaching the 4<sup>th</sup> stage of cosmic consciousness or from the normal stage to that critical certain stage, or straight from the normal below that certain critical stage, to the first or second cosmic consciousness stage is the potentiality resultant and at bed time each night it is the day's resultant intensity.

All these different potentialities viz. Passing, main, basic day's and resultant potentiality emit their rays which have certain effects when falling on other persons or things! All created substance has resultant potentialities or resultant intensities of different intensities. All creation that has resultant potentiality or intensity must have consciousness. All resultant potentiality or intensity is the result of the use of free will however restricted or however unlimited. All creation, therefore, has graded consciousness, resultant intensity and free will. The use of free will and consciousness could be judicious or otherwise but the resultant intensity is subtle interplay of the cause and effect and effect of the cause. It is the resultant intensity that was originally near as Karma. Later it took on the shades of different meaning like action, result of action destiny, retribution etc. Actually the working of the resultant intensity is the working of a mathematical equation, of addition and subtraction of a number or resultant intensities of different centres, or persons, or things or areas. It can be neither merciful, nor blind, nor unmerciful by itself.

Its working is like the working of the flow of electric the effects of which can be various by changing the resultant intensity. We know that electricity remains the same subtle energy flow, at certain level, pressure and intensity. Without grasping its various kinds of working and without trying out paper the working of the centres, or rather the interplay of the qualities (qualities means resultant intensity of each centre at each level), nothing will help a person.

Once understanding this simple immutable, unchangeable, invincible, indestructible law of resultant intensity will make all things crystal clear. This resultant intensity is not to be mixed up with any word normally understood. It is neither Life, Consciousness, Soul, Awareness, Mind or even Vibrations. It is it. We shall not call it Karma for the terribly misunderstood word Karma especially in India may give this resultant intensity a twist of meaning which will bring about a state of chaos in the mind of the reader.

In India this single word Karma has done more damage than all the wars, of all ages all over the world put together! Its perverted meaning has encouraged armchair philosophers and frustrated persons and foreign scholars to evolve the theory of man the machine, or predestination or certain aspects of theosophy and philosophy and has taken away from man the human being, his priceless and most precious possession; free will! Why should one attribute a thing like Soul or Consciousness to man in howsoever or rudimentary state, for what are they worth without free will. This hypocrisy – this mockery of God and man!

All these writers and scholars and philosophers then make clumsy attempts to explain the working of the four important kingdoms of nature viz. The human, the animal, the plant and the mineral and the circumstances and changes taking place. The finest advice “Man know thyself!” goes unheeded. Such theorists think that they are so advanced that they must find out the causes behind Creation! That they can explain what is God, when will Creation end, what happens to man when he dies!

All these are unimportant if not preceded by the understanding of what happens when a man lives, what happens when a man thinks !! We can do no better than once again repeat “Hold Thou my feet, I do not wish to see the distant scene, one step enough for me, lead Thou me on.” Those who think this is too slow and too elementary will remain what they are and where they, are for an eternity and the law will finally demand of them to give up vain imaginings and start from this elementary step all over again!

Dear reader, if you do not wish to waste an eternity, proceed! Change the resultant intensity in a conscious methodical way. Understand the great law. “There is pain” said the Buddha, “There is a cause of pain and it can be overcome.” The sage Patanjali said “The pain that is yet to come can be warded off” but it is not by misunderstood actions and thoughts and theories. In this very life, in day to day activity is man’s greatest opportunity! Only in the beginning as you learn driving, you are a little tense and the gadgets you have to remember to operate consciously but then it all becomes second nature.

In the same way in early stages, some difficulty will be experienced whilst operating the corrective methods and the disinfection chamber. Now to come back to the resultant intensity. It is responsible for the creation of different rates of vibrations and therefore, basically responsible for all colour, sound, light, electricity, magnetism, and different states of matter, subtle or even unseen matter. It must be understood that it is not the effect that we see as sound, light, electricity etc. Resultant intensity comes back to us as we have seen, not like the boomerang but like the hands of the clock after completing the circle! It, therefore, today may be looked upon as a result on completion of the voyage which when it left on its voyage say yesterday was looked upon as the cause. It is important that we understand this first. It is, therefore, clear that resultant intensity is also not cause and effect for it is yet beyond that. The method correct or incorrect of working the interplay of qualities is the cause. Resultant intensity is the arrow, the method is the bow, the correct or incorrect manner in which the method is

applied is the skill of the Archer. Please do not ask us at this stage who and where is the Archer.

Q.XIII            Is desire the root cause of rebirth?

Answer:           Unfortunately, in this physical world things and persons are judged from what they seem or do. Desire even at its birth and source in the mind is a result and not the cause! The mechanical interplay of the qualities of the centres bring about a resultant intensity and every time coded impulses are decoded as thoughts. The interplay of centres is the inherent quality of centres. The decoded thought at a particular level or resultant intensity just after its pure motive state is the desire. From this it is understood that though desire is not the first cause but is an effect of the first cause. It creates further effects, which are seen and felt in the physical world. Every resultant intensity with the score plus or minus must therefore, give birth to desire and desire in its turn gives birth to further actions and results. The different resultant intensity is operative at different levels simultaneously and therefore, we have different types of simultaneous desires and which may result in different simultaneous actions and create simultaneous results of such actions.

Q.XIV            How is Electricity brought or created in the body?

Answer:           The effect like electricity, magnetism, cohesion, adhesion because of resultant intensity is in all creation and in all kingdoms of Nature. In each kingdom when it reaches an equivalent of the 4<sup>th</sup> stage of cosmic consciousness it passes into the next higher kingdom. Man is aware of the four kingdoms – mineral, plant, animal, human and concedes the fifth i.e. the kingdom of Souls which he ascribes to himself also!

But in fact there are a hundred and eight kingdoms of nature and in each, one has to arrive at the equivalent of the 4<sup>th</sup> stage of cosmic consciousness as we understand it in the human kingdom. A few of the characteristics of the 4<sup>th</sup> stage equivalent of cosmic consciousness is the possession of power and consciousness relevant to the kingdom. Electricity, radio-activity, luminosity, fragrance, transparency are few of the many important characteristics of the 4<sup>th</sup> stage equivalent. The second kingdom i.e. the plant kingdom, implies (though in a small measure) but unfailingly, the presence of the 4<sup>th</sup> stage equivalent of the 1<sup>st</sup> kingdom or mineral kingdom and which amounts to promotion from 1<sup>st</sup> to the second kingdom. In the same way the 3<sup>rd</sup> kingdom implies the presence (in a small measure) but unfailingly of the 4<sup>th</sup> stage equivalent, of the 1<sup>st</sup> and 2<sup>nd</sup> kingdoms combined. In the same manner the 4<sup>th</sup> kingdom implies the presence (of a small measure) but unfailingly of the 4<sup>th</sup> state equivalent, of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> kingdoms combined. In man, therefore, is implied the presence of in a small quantity of the characteristics of light, electricity, magnetism, radio-activity, self-luminosity, fragrance, transparency of the 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> kingdom.

Q.XV.            What is Conscience and has self denial any relation it?

Answer:           The resultant intensity at a particular stage plus to development of brain portion No.2 which leads to the development of mind No.2 creates a field of intensity

with the mind. When secs. II of the brain and mind are fully developed, this field is in the shape of a circular disc and this field is allowed to be formed as a natural process like any electrical or magnetic field by Nature; very mercifully within man this is conscience and if we can see it. Unfortunately in animal kingdom, the whole sec. of brain and mind No.2 is not formed and so the possibility of conscience being formed is therefore remote. In man if the whole sec. of brain and mind No.2 is not formed, however intellectual a man may be, due to excessive use of sec. I of brain and mind, he cannot have conscience. The man is not aware of the interplay of qualities of the centres at different levels simultaneously and the resultant intensities thereof. Even he may not be aware of the corrective methods and the disinfection chamber. Just as Nature provides natural filters and non-return valves and knee actions in the physical body, Her one of the masterpieces is this resultant intensity cum sec. II of the mind resultant intensity field, called in common parlance conscience. It acts as a natural corrective method and disinfection chamber. But man not knowing its proper use, misunderstands it as religion or pious superstitious feeling and discards or overlooks its natural working.

Had nature never provided man with this field of intensity of sec. II of the mind or brain he would never have gone above the half animal stage at any time or in other words anyone of the human kingdom would never have reached anywhere higher up. This brings in the question of exercising self denial. We should be clear in our minds what we mean by self-denial. We should be clear in our minds what we mean by self-denial. Whether it means saying 'no' to certain actions that look pleasant, or certain ways of life that look pleasant, or if it means denying the innocent pleasure and happiness attendant on human life. If it means forcibly crushing out or throwing out or suffocating certain thoughts that arise then too it is all wrong.

If it means corrective methods and subjecting the coded impulses and decoded thoughts to the disinfection chamber or shall we say to a new indoctrination, to the re-education of the human mind then only that type of self-denial is worth while but by the time this stage is reached, self-denial has ceased to be self-denial as normally understood.

Q.XVI. What happens when resultant intensity reaches zero? Perhaps the person dies. What happens then if there be or be no zero intensity area and how about future progress; for from zero nothing can emerge ?

Answer: This is a wrong question yet an intelligent and natural one. We are constantly taking into account the resultant intensity score due to the interplay of qualities of the four Intellectual, Moving, Emotional, Sex and are not taking into account Instinctive which does not come to zero ever. Its lowest score is when the load is intense due to the wrong activities of the four other centres. The four other centres can mathematically come to zero, rather they have to come to zero mathematically at times. Whenever the score of the four centres falls to zero and the instinctive centre is also low we get what we call unconsciousness and/or hysteria, the person falls down and becomes unconscious. Even when the score of the four centres is a wisdom unit or near about if the instinctive centre falls below average, there is a unconsciousness or trance or sleep.

Sleep is brought about by fatigue and low score of the instinctive centre due to leakages and heavy losses of the other four centres.

It is also a fact that when during the day the four or one of the four or more than one of the four centres ever work, ultimately it is the instinctive centre, which falls below the average and a person feels tired or sleepy. Now at the time of so-called death, should the score be zero of the 4 centres the score of the instinctive centre may be above or below the average. However one point is quite clear that mathematically the score of the four centres in a person's life time (especially if the person lives in a very tormented eternal state of the extremes) can fall to zero many times i.e. become minus and then become zero and then become plus and then become zero and again become minus and again become zero and so on, but the inherent interplay of the qualities of the four centres will always continue. Therefore, should ever a person die with the zero intensity of the four centres and the instinctive centre low, the only trouble would be that the person would be born with that low score again and will be born very early for the resultant intensity being zero; it is a question of not going to any place but clinging on to this physical world and gathering the earth's respective elements for a fresh start.

It must be remembered that every person starting the corrective methods and disinfection chamber methods must of necessity bring the minus resultant intensity to zero and then take it to a high plus. This zero is only a mathematical possibility. We are aware that there are simultaneous thought patterns at different levels and so in a split second before we are aware the score can be zero and simultaneously plus or minus again depending on the score of other simultaneous pattern.

Q.XVII        How do you know that all that you say is not mere fancy imagination and mental gymnastics and all the metaphysical or philosophical ideas as presented by you about God and Soul are also not so ?

Answer:        Agreed that all that is said is mental gymnastics and fancy. Let us take the two opposite views : (1) What we can live and experience is real and is the only life, there is no other purpose and no other life here or anywhere; (2) There is a purpose in life and in birth and that there is another life or lives and that here and/or elsewhere it is possible to live and that stage is far too grand in comparison.

First let us take up the two ways of life viz; (L) Eat, drink, be happy, live as it pleases one and have no misgivings from anyone or any quarter at any time for this is the only way to be happy. (2) Live the normal life with a little variations, which will enable one to experience a different type of happiness undreamt of because this life otherwise will never be able to give a fraction of that happiness which is possible.

Now keeping these in mind all we need is an open and fair mind, and we should give a fair trial to both the theories. We do not think our reader will grudge this much, if the reader is already convinced of the second possibility all that is required is the putting in practice of the methods outlined in part-I of the book earlier. If the reader is convinced of the first possibility and is already living that life in fairness is requested to try the other way for a trial period and if in this period some change for the better is

experienced well and good; but by mere exchange of views it will serve no purpose for one can call it a fancy and the other will call it blindness.

Q.XVIII        How does a person with four plus wisdom units or more act ?

Answer:        We shall now describe a person who has removed all minus resultant intensity and who today has a reserve fund of four plus wisdom units as resultant intensity and has perfect balance between the emotional, sex and moving centres on one hand and the Intellectual on the other hand. This means that by repeated practice it has now become second nature for such a person to evaluate the things of the world and use corrective methods and subject coded impulses and decoded thoughts to the disinfection chamber. This will result in a way of life where the mind is tolerant; a mind that understands, a mind that knows what it is to have both the minus or plus resultant intensity; a mind that knows how hard it is to recover lost ground, a mind that knows the up hill task of the other person who is trying the uphill climb with all sincerity. This brings about love plus understanding of Nature's laws which as we have noted earlier becomes compassion; higher than charity or love as is known and understood, individually, but jointly put together love plus charity plus understanding is compassion.

The high plus emotional and sex resultant intensity gives profuse possibilities of rare and noble emotions and sex at this high intensity automatically becomes transmuted with love of a high order. The entire result of this is the immense desire to be useful, to give, to meet others half way or even to go out of the way to meet the other person. Less importance is paid to personal self, there is no self-indulgence of any type and there is every attempt to serve the other person. Knowledge is very versatile, adaptability is of a high order and mental grasp is enormous and such a person seems to know or understand any subjects or picks up very quickly because the mind no more wastes energy due to a constant struggle between the centres or in other words, the drifts of mind are not there. Such persons have no programme of their own and are, therefore, all ready to be of real use. Health is good normally except for a special reason. The person is at peace because the values of life and of the normal world have changed and the less useful may look now more useful and the more useful may seem otherwise. Normal calamities may never appear as calamity and death may lose all meaning. Joy and tears may be present under contradictory conditions that is, may find joy in death and may cry, out of ecstasy in the privacy of his heart and mind. Such person walk on earth so gently as not to hurt the most sensitive and remain quiet even if misunderstood for the desire is not to be understood rightly as normally people desire, but the desire is to understand the other person.

Such persons see, where we touch and grope and touch where we see; a touch that makes the other person see or helps the other person, who is groping. In understanding life, in understanding Nature's laws, in understanding the other person, such persons have naturally only a smile on their faces and in their eyes. It is a sure sign that the man with a long face has not arrived! To a person who has arrived the less conscious therefore becomes self conscious and his world is enlarged and enriched many times. He is, therefore, happy and contented. He works for his living and is satisfied with what he gets. He adjusts himself to what he is going through. His personal desires

have ceased because his centres are constantly engaged in the understanding of either the other person or the law of nature. He finds no time in petty indulgence and keeping his centres engaged on desires which he values with the yardstick, "there is nothing like something for nothing." If he can pay and get a worthwhile something he pays for it and gets that thing. There is no more wishing. He forgets all about a thing, if it is not worth paying for. The balance of life in the centres is fixed and therefore, there is an automatic effortless balance in the exterior life. There is no denial of any kind and never a 'no' with a will imposed either on self or within or on anyone else in the outer world. Such persons give only mild suggestions oft and on and have enormous patience, and wait for the resultant intensity in the other person to come up to a level to be able to understand the mild suggestion. Such persons can wait without losing tempers for an age for such persons realise that the motives even if wrong of the other person, are so, because of a wrong method of the working of the centres and he helps indirectly the other person to think along proper lines unless of course the law does not want it in a particular way at a particular time and which if it is so, such persons understand.

Q.XIX            How can one become a channel for the flow of God's love and does charity bring this about?

Answer:           Such words and phrases like being a channel for the flow of God's love or grace or doing a lot of charity after making money and talking about the Karmic justice have created a lot of misunderstanding in the minds of the average man. Imagine God or Nature were not to flow through each of us even for a moment and should there be a moment when such love and grace be withdrawn from any one of us, we would cease to be human beings at once!!! Perhaps this has not occurred to us. The stage we differentiate, a stage at which we see a man reaching higher and looking a lot better than the average man is not the stage attained by that man when he has made possible the flow of Love and Grace of God but it is the point in time when he has become aware of the fact that Love and Grace of God always flowed through him ceaselessly but he had been indifferent, to this flow up to that moment. He then, from that moment takes proper care to see that he no more remains indifferent to this flow.

                      About charity after making money, we can answer best in the words of Khalil Gibran, "How mean am I, when life gives me gold and I give you silver, and yet I deem myself generous." Further he says, "The most pitiful among men is he who turns his dreams into silver and gold."

                      We may add that whether the silver or gold is accumulated in the right manner or otherwise :

- (1)     We have no right to accumulate with us.
- (2)     It comes from the great central pool.
- (3)     It must but return to the great central pool.

- (4) The return must be made without any accompanying letter i.e. without attaching a tag i.e. so and so foundation, so and so trust, so and so charity institute.
- (5) A temporary acquisition from the great central pool may be made use of and returned quietly, gratefully and with interest for the use made should also be paid in some form or another. This should be strictly between yourself and your God.

Whenever a person reaches a total equivalent of four plus wisdom units, the formations and functioning of sec. III and IV of the brain and mind enables the person to understand and act much more in a different manner as to surprise a person with sec. I of the brain and mind functioning however much brilliantly. Grace and Love of God can never be understood with sec. I of the brain and mind. It is not intelligence that is necessary. It is the different rates of intensity of sec. I, II, III and IV of the brain and mind that make it possible to understand and see and feel intensities that are equivalent.

The intensity of the flow of God's love and Grace is not possible of comprehension by sec. I of the brain and mind because the sensitivity is beyond, and only sec. II of the brain and mind begins to sense it; sec. III of the brain and mind begins to feel it and sec. IV of the brain and mind begins to comprehend it. Grace of God and the flow of God's love is not therefore the arbitrary moment and movement or decision of God to favour a particular person but it is the awareness during the evolution of man, brought about by man himself by constant progress. We must say that a certain amount of discipline is required, but discipline should be understood as reasoned living and not mere regimentation.

## **CHAPTER – XVII**

### **LAST WORDS**

Explaining what is colour to a man born blind is impossible. We should, therefore, (if we are permitted) operate upon that person to restore sight, and then tell that person that this is red and this is blue. In the same way if we know, we can also give some means or methods that will restore spiritual or cosmic sight. If we just put our thoughts in the most poetic language or a philosopher's language it will not help that person. If you can convey in a dull but practical way the means or methods that will open or restore sight, you will do more good than by writing volumes of beautiful thoughts on sight and colour and vibration !! In spite of this conviction, when it comes to our personal progress we would rather read and philosophise than take dull but practical steps.

Once having a faint glimmer of the beyond state, it is then easy to write with conviction and ecstasy, but what can we convey to those who have not had the first faint glimmer? What is more urgent in this case, than sight itself of that spiritual state by practical forthright methods and to prepare them for the first faint glimmer!

Under the circumstances the writer and the reader are on two different grounds. The writer is convinced of many things because the faint glimmer has changed the perspective. The reader who may be an average person and who with his daily difficulties in his daily life, were to read phrases like, "swimming in the ocean of Spirit, the life in the ordinary world will follow in a perfect manner," we can surmise that :

The writer saying this has either laboured long past and has arrived and is too far and high above the common man. What is more is that, he has no language for the common man.

Later on when the preliminaries are fulfilled by the reader it will be perfectly true, possible and understandable; but how to fulfil the preliminaries ? That is the point we wish to stress. We are told we are gods, some tells us that we are sons of God but that reminds us of a small simple story.

Shri Shankaracharya had a pupil who heard the Master repeat the japa or Mantra "Shivaoahm" i.e. I am God shiva. The pupil from the next day also started reciting the japa "Shivaoahm."

Shankaracharya could not persuade his pupil because he was himself repeating it and he could not tell his pupil that he was not suited for it or that he was far from that stage, as it may hurt his sensitive pupil. So the Master one day went through the village with his pupil and came to a small shop of a blacksmith who was melting iron. The Master dipped his hand in the boiling metal and gulped down a little saying "Shivaoahm" and went his way. The pupil, stood there as if glued to the spot as much amazed as the blacksmith !!

Then he went to the Master, fell to his feet and said, “Oh, Master, forgive me forgive me for imitating, I now understand.”

We should not, therefore, imitate and write in high sounding language of the Geeta, Upanishads, or the Vedanta about the glory of man or the glory of God or the glory of any other state, stage or experience. Great is man’s future no doubt and great is the promise hidden inside of him but he will take time to arrive and on the way he has to prepare himself to arrive at that wonderful stage, and we also agree, that, that stage is the birth right of every human being born, but by a sweep of the hand or pen, or by assertions, or suggestions or by reading or by telling or hearing about it, one does not arrive !! Read these few pages dear reader to convince yourself.

No human being can write today on the glory of man and the glory of God or the glory of any other state, or stage or experience, without repeating in his own language, the thoughts already expressed by someone, somewhere at some time as beautifully or less beautifully or even more beautifully! This expression of the beautiful has continued for ages, we also appreciate as many do appreciate, but where does it all lead us ? We are afraid if only remains a distant scene.

Hundreds of thousand of millions of stars that pour out light is for what purpose ? If so much light is poured out it must be failing on something which if it can do nothing else as we may in our limitations presume, may be receiving this light as heat, life and magnetism. The Sun to the solar system and the world with humanity is an extravagance; no God can afford without a purpose.

With equal extravagance how many worlds with humanity in the vast immeasurable depths of creation exist. Supposing we alone as a humanity were to exist! Does God want to parade before small man and like Ozymandias Say, “I am Ozymandias King of Kings, ..... look on my mighty works and despair.” Is God in silent language content to tell man, “I am so great and Infinite and you are so small and so insignificant?”

What unpardonable extravagance would it all be if these millions upon millions of Suns just blaze forth to die and have no other purpose!

What unpardonable extravagance on the part of man to live the whole life without a purpose or trying to understand it!

We humbly request the reader to understand himself and in his own interest read these few pages. It is no use reading volumes about the wonderful taste of sugar, let someone sprinkle a few crystals on the palm of your hand and you will know. Dear reader, you may find some few crystals by the grace of God in these pages, and we need not tell you the taste of sugar in any philosopher’s or poetic language. Can one think ? What can one think ? What is the quality of one’s thinking ? Can one command it at will undisturbed ? If you think you can, you are a God, or you are honestly fooling yourself.

God be with you. Our most sincere wishes in all that you do and struggle for. However, in closing we would end by quoting sage Patanjali, “The obstacle to Soul cognition are bodily disability, mental inertia, wrong questioning, carelessness, laziness, lack of dispassion, erroneous perception, inability to achieve concentration, failure to hold the meditative attitude when achieved.” These obstacles are natural and beset every person’s path. The corrective methods, the changed ways of eating, sleeping, sex and thinking, with three step rhythmic breathing will remove all obstacles and prepare one for the blessed hour when the Master can personally guide onwards to convincingly show the purpose of life and birth.

God be with you. May Shri Rama, help you onwards as he has helped me; but remember, “The guarantee of arrival is practice.”

Scribe  
Author “Shri Rama.”

The End